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**:30 PSA**

### **National Nutrition Month® 2019**

*A Public Service Message from the Academy of Nutrition and Dietetics*

Whether you're preparing a meal at home or dining out, the foods you choose can make a real difference.

March is National Nutrition Month® -- when the Academy of Nutrition and Dietetics encourages you to develop sound eating and physical activity habits.

Follow easy tips, like: Make food safety part of your everyday routine. Reduce food waste by eating what you have on hand before buying more at the store. Be sure your meals incorporate all the major food groups.

Learn more at [eatright.org](http://eatright.org) and follow the hashtag National Nutrition Month®.