



PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

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FOR IMMEDIATE RELEASE: MARCH 12, 2018

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PSHD Encourages Residents to Eat Healthy *March is National Nutrition Month*

Plainville Southington Health District (PSHD), in conjunction with the Academy of Nutrition and Dietetics, is celebrating National Nutrition Month during the month of March. The National Nutrition Month® theme is “Go Further with Food.” The theme focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

“Start your day off right with a healthy breakfast,” said Shane Lockwood, PSHD Director of Health. “Fueling your body before you begin your day can make a difference. People who have breakfast have more energy, do better in school and eat healthier throughout the day.”

PSHD offers some suggestions on how to develop good eating and physical activity habits:

- Make your food go further by planning meals and snacks in advance.
- Eat a variety of healthful foods from all the food groups on a regular basis.
- Be mindful of portion size.

- Eat slowly. It takes 20 minutes for your brain to realize you are full.
- Be active. Find activities that you enjoy and get moving!

For more information about National Nutrition Month® visit the Academy of Nutrition and Dietetics website at www.eatright.org.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.