

# National Nutrition Month®



**National Nutrition Month®**, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for National Nutrition Month® 2020 is *Eat Right, Bite by Bite*. The theme and its accompanying graphic echo retro campaigns of the 1970s and '80s that are popular again. They are designed to be fun, accessible, positive and kid-friendly, and to include and be adaptable to all eating patterns and cultures. Resources and materials will be available in early 2020

Check out what the Academy has to offer to make YOUR National Nutrition Month a success!

[https://www.eatright.org/food/resources/national-nutrition-month?\\_ga=2.78448403.622532728.1569367725-636983981.1561949736](https://www.eatright.org/food/resources/national-nutrition-month?_ga=2.78448403.622532728.1569367725-636983981.1561949736)