
National Nutrition Month

CMH DIETITIANS

◆
March 2025



Food ConnectsUs

2025 NATIONAL NUTRITION MONTH®

A Campaign by the Academy of Nutrition and Dietetics

RDN DAY IS MARCH 12, 2025

Let's celebrate all things nutrition! March is a great time to focus on your health!

Have you ever heard the phrase you are what you eat? Let's take this month to focus on connecting with the food we enjoy everyday. Where does our food come from? Is that even important to know? Knowing more about our food can help us feel more connected and be more mindful while we are enjoying a meal around the table!

Here are a few fun quotes:

- "Phones down, forks up. It's dinner time."
- "Everything tastes better when it's eaten together."
- "If you feed them, they will come."
- "Food is the language we all speak."
- "Creating connections one meal at a time."

CMH Dietitians

In this newsletter
you can expect:

Connecting with
Food

Build
Connections
Around the
Dinner Table

Explore
Connections
with Food and
Gardening

Visit Your Local
Farmer's Market

Find a
Nutrition
Expert



Connect with Food

We all have our favorite foods and a special connection to the foods we eat. Certain foods bring nostalgia and comfort, but others may make us feel guilty. March is a great time to connect with food at its roots. It's a time to dig in the dirt and plant some of your favorite foods or explore new foods. There is something satisfying about digging in the dirt and knowing where your food really comes from. Connect with food by finding your green thumb and/or exploring your local farmer's market. Take this month to connect with the foods you're eating.

Maybe you don't have a backyard to plant a full garden or the idea is too intimidating. Start small. Try planting a few herbs on your kitchen windowsill or a planter on your deck, but try planting something this spring. Food tastes so much better when you played a role in getting it to the table. When we are mindful of where our food comes from and invest in cultivating its growth we appreciate it so much more. Being mindful of our food will help us enjoy it even more. Time to start connecting with our food and learn to grow our favorite veggies and herbs!



Local Farmer's Markets

Greater Polk County Farmer's Market
1220 S. Springfield Ave.
Open Tues/ 3:30-6pm and Sat 8-12

Farmer's Market of the Ozarks
Republic and Highway 60
Saturdays year round from 9-1 and
Tuesdays 8-1 beginning in April

Ash Grove Farmer's Market
300E. Parkway St.
Saturday 9-12

C-Street Market
At the foot of the Jefferson bridge
Saturday 7:30-1pm



RDN Day

Join us in celebrating our CMH dietitians on Wednesday March 12, 2025.

We currently have five dietitians that support multiple units within the CMH organization.

Are you looking to learn more about healthy eating or ways to improve your meal patterns. Contact Mary, our outpatient dietitian, via our Managewell site. Begin your journey to health by signing up for a FREE nutrition coaching session today! Make a change in your nutrition this month.



Eat a meal with family or friends

Studies show that eating meals as a family is beneficial to kids, but this is often hard to manage with work, school and sports schedules, besides the fact that most of us are overly “connected” with technology. The American College of Pediatricians reports, “Family meals offer the opportunity to spend time together, reconnect after a busy day, communicate with and listen to each other, share values and ideas, and problem solve.” Meals are far more than just eating.

Family meals:

- Improve academics
- Improve family relationships and socialization
- Improve nutrition/decreased obesity
- Decrease screen time
- Decrease risk of drug, alcohol and nicotine use
- Improved mental health and emotional well-being
- Decrease other high-risk behaviors

Learn more at:

www.https://acpeds.org/position-statements/the-benefits-of-the-family-table

Thank you for reading!

Contact your CMH dietitians	417-328-6752 or 417-328-6462
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