

March 2011  
Monthly Issue

## Healthy Campus/Community Initiative NEWSLETTER "For Health Educators"

Healthy Campus/Community Initiative  
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[www.deltastate.edu](http://www.deltastate.edu)

Mississippi  
Department of  
Education  
Coordinated  
School Health  
Program

Component 1:  
Health  
Education

Component 2:  
Physical  
Education

Component 3:  
Health Services

Component 4:  
Nutrition  
Services

Component 5:  
Safe School  
Environment

Component 6:  
Counseling,  
Psychological,  
and  
Social Services

Component 7:  
Staff Wellness

Component 8:  
Community  
Involvement

March is National Nutrition Month, and our office at the Healthy Campus/Community Initiative wants to help your school promote this nationwide campaign that highlights the importance of making informed food choices and developing healthier eating and physical activity habits. The 2011 theme is "Eat Right with Color." This theme ties in perfectly with the new 2010 Dietary Guidelines for Americans that emphasize a plant-based diet, with smaller portions of lean meats, fish, and chicken. The theme encourages people to make a rainbow on their plates with a colorful variety of fruits, vegetables, whole grains, low fat proteins & dairy foods each day. During National Nutrition Month, registered dietitians across the country hope to help people filter through the clutter of nutrition information and misinformation and get down to the basics of eating a healthful diet in today's world.

Our dietitian, Leigh Pickard, is available to answer your questions and help your school with this nutrition campaign. She can be reached at [lpickard@deltastate.edu](mailto:lpickard@deltastate.edu). You can also visit the recommended websites

**Health  
websites to  
visit:**

[www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)

[www.rd411.com](http://www.rd411.com)

[www.pbhfoundation.org](http://www.pbhfoundation.org)

[www.nourinteractive.com](http://www.nourinteractive.com)

[www.pgschoolprograms.com](http://www.pgschoolprograms.com)



Win a \$10,000 nutrition grant  
for your school.

For more details, visit:  
[loveyourveggiesgrants.com](http://loveyourveggiesgrants.com)

in the blue bar above for  
additional information.  
Make March a colorful  
month of good nutrition!