



Mississippi State Department of Health
570 East Woodrow Wilson - Box 1700 - Jackson, MS 39215-1700

MEDIA ADVISORY

March 1, 2019

Governor Declares March National Nutrition Month[®] in Mississippi

JACKSON, Miss. –The type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness. With so much to learn about how, when and what to eat, there is a need for continuing nutrition education. In a wide-scale effort to enhance healthy eating practices, Governor Phil Bryant has declared March National Nutrition Month[®] in Mississippi.

“I encourage all citizens to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimal health today and tomorrow,” said Bryant.

The “National Nutrition Week” was initiated in March 1973. It has since evolved from a week to a month long observance that offers nutrition education messages. The purpose of the national campaign is to increase the public’s awareness of the importance of good nutrition and the health benefits of eating right.

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