# SNP Memo #2020-2021-44


**COMMONWEALTH of VIRGINIA
Department of Education**

DATE: February 16, 2021

TO: Directors, Supervisors, and Contact Persons Addressed

FROM: Sandra C. Curwood, PhD, RDN, ***Sandy***

## SUBJECT: National Nutrition Month – March 2021

The Virginia Department of Education, Office of School Nutrition Programs (VDOE-SNP) encourages schools and nutrition program sponsors to celebrate National Nutrition Month® (NNM®) during the month of March. NNM® is an annual celebration created by the Academy of Nutrition and Dietetics (AND) where everyone is encouraged to learn about making informed food choices and develop healthful eating and physical activity habits.

The NNM® campaign toolkit contains celebration ideas to highlight the importance of healthy eating habits. Ideas include planning a virtual cooking demo or nutrition event with student-friendly recipes, planting a school vegetable garden, or developing art projects using the [MyPlate](https://www.myplate.gov/) tool.

Whether in person, hybrid, or virtual learning settings, all can celebrate, promote, and enjoy healthy foods and activities. Additional resources and graphics for NNM® can be found on the [AND website](https://www.eatright.org/food/resources/national-nutrition-month).

The VDOE-SNP is interested in hearing about local events, activities, and social media posts. Please share information or direct any questions about NNM® to Laura Burns, VDOE-SNP Wellness Policy Specialist, at Laura.Burns@doe.virginia.gov.

SCC/LB/cc