



Fort Riley Public Health Department

“Protecting the Health of Our Community”

Public Health Newsletter

March 2026

Celebrating National Nutrition Month with New Dietary Guidelines

March is National Nutrition Month®, a time to focus on the vital role that healthy eating and physical activity play in our lives. This year, the celebration is especially significant as it coincides with the most substantial update to our nation's nutrition policy in decades: the release of the new *Dietary Guidelines for Americans, 2025-2030*.

Released on January 7, 2026, by the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA), these guidelines mark a major shift in how we approach a healthy diet.

Key Principles of the New 2025-2030 Guidelines:

- **Prioritize Protein:** The New Pyramid places a heavy emphasis on building meals around high-quality protein sources like lean meats, poultry, fish, eggs, and legumes.
- **Embrace Healthy Fats:** The guidelines recognize the crucial role of fats in hormone production and overall health, encouraging the consumption of avocados, nuts, seeds, and olive oil.
- **Build on a Foundation of Nutrients:** With a strong base of protein and fats, the guidelines recommend rounding out your diet with a rich variety of vegetables, fruits, and mindfully chosen whole grains to ensure a full spectrum of vitamins and minerals.
- **Limit Processed Foods:** As always, the guidelines stress the importance of minimizing intake of processed foods, added sugars, and refined carbohydrates, which offer little nutritional value.

This March, we invite you to explore this new chapter in nutrition. Visit [RealFood.gov](https://www.realfood.gov) to familiarize yourself with The New Pyramid and the 2025-2030 Dietary Guidelines. Let's use National Nutrition Month as a launchpad to build stronger, healthier lives, one nutrient-rich meal at a time.

Contact Us:

Caldwell Clinic:
7665 Normandy Drive
785-239-7323
785-239-7042

Environmental Health:
785-239-7516

Industrial Hygiene:
785-239-4054

Occupational Health:
785-239-3592

Public Health Nursing:
785-239-7323

AFWC:
785-239-9355

Army Hearing Program:
785-239-3549

Need Help Applying the New Guidelines?

Feeling overwhelmed or just want some support on implementing these new dietary changes? The Armed Forces Wellness Center is here to support you.

To get started, call them at **785-239-9355**. You can find the center located on the ground floor of Irwin Army Community Hospital.

Ask the Experts!

Got questions about your diet? Curious about the latest nutrition trends? Here's your chance to get answers! The expert Registered Dietitians from Irwin Army Community Hospital (IACH) are setting up a special Q&A table just for you.

When: Wednesday, March 4th, 2026

Time: 11:00 AM to 1:00 PM

Where: IACH Hospital Cafeteria

Stop by during your lunch break to chat with the pros, pick up helpful tips, and take a positive step toward a healthier you. We can't wait to see you there!

Future Health Observances

★ **April – Alcohol Awareness Month**

★ **May – Skin Cancer Awareness month**

★ **June – National Safety Month**

Staff Spotlight:

The Fort Riley Department of Public Health would like to welcome our newest teammates: **1LT Gates**

Lt Gates is married and has three children aged 12,9, and 6. LT Gates is looking forward to working with the members of the Public Health team to improve the health and wellness of Fort Riley Soldiers and their families



Fort Riley Public Health Department

“Protecting the Health of Our Community”

Public Health Newsletter

March 2026

Walk In....Get Tested....Stay Healthy....

Your health matters-and getting tested for sexually transmitted infections (STIs) is a normal part of staying well.

Fort Riley Public Health Building
7665 Normandy Drive
Is now offering a STI Walk-In Clinic
No Appointments Needed
Fridays From 0800-1000
Except Holidays
(785) 239-7323 / 7042



1 in 5 people have a STI!

Walk-In Wellness

STI/STD Testing Program

IACH Lab M-F: 0730-1600
(Soldiers, Spouses, Beneficiaries 16 years & older)

Farrelly Lab M-F: 0730-1130
(Soldiers Only)

Book an Appointment!
(IACH Lab Only)



Type "walk-in STI check"
in the PCM line

Contact Us:

Caldwell Clinic:
7665 Normandy Drive
785-239-7323
785-239-7042

Environmental Health:
785-239-7516

Industrial Hygiene:
785-239-4054

Occupational Health:
785-239-3592

Public Health Nursing:
785-239-7323

AFWC:
785-239-9355

Army Hearing Program:
785-239-3549

Future Health Observances

★ **April– Alcohol Awareness Month**

★ **May– Skin Cancer Awareness month**

★ **June– National Safety Month**

Check out the upcoming Public Health Community Outreach Events:

National Nutrition Month (3/20/26 1430-1600 PX)

April- Kid's Fest with CYSS (Month of the Military Child) 4/29/2026 1200-1500

June- Family Fun and Fit Day 6/5/2026 0900-1200