

**March is National Nutrition Month!**

This year's theme – *Food Connects Us* — brings forth the idea that food connects us through culture, traditions, memories, seasons or simply sharing a meal. These moments provide us with opportunities to learn about food preparation, where they are sourced from, and impacts on our health & relationship with food.

Each week during the month of March consider these messages:

**Week 1: Connect with Food**

- Engage in food preparation, meal planning & cooking skills while exploring where your food comes from. Learn about your local community resources such as SNAP, WIC, and food banks.

**Week 2: See a Registered Dietitian Nutritionist (RDN)**

- A Registered Dietitian can assist with identifying nutrient gaps and providing practical and personalized recommendations.

**Week 3: Explore the Connection Between Food and Culture**

- Practice recipes while utilizing new ingredients and cooking techniques. Learn about cultural food traditions while sharing your own with family and friends.

**Week 4: Build the Connection Across All Stages of Life**

- Learn how nutrition plays a role across the lifespan while focusing on well balanced, sustainable habits.



The Women, Infants, and Children (WIC) program in Riley County employs six Registered Dietitians. During nutrition education appointments, the WIC RD will obtain information on current food practices and can support families in purchasing traditional foods and creating recipes they will enjoy.

*WIC is located on the ground level of Irwin Army Community Hospital.*

To find out more about the WIC program and how it assists families, check out:

<https://www.rileycountyks.gov/1241/WIC>

Abby Barr, RDN, LD, CLC  
Riley County WIC Dietitian

Information adapted from the Academy of Nutrition and Dietetics.

*Staff Spotlight:*

The Department of Public Health would like to welcome our new teammates:

- ◆ SGT Jasmine Wallace EH NCOIC, 
- ◆ SPC Lin Kangle EH Tech
- ◆ SFC Matthew Rutowski (CSP)
- ◆ Welcoming back the return of our Director LTC James Winstead 
- ◆ Congratulations to the newest Army Major, MAJ William Nuessle...hooah 

Contact Us:

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Environmental Health:

785-239-7516

Industrial Hygiene:

785-239-4054

Occupational Health:

785-239-7042

Public Health Nursing:

785-239-9874

Army Wellness Center:

785-239-7535

WIC:

785-240-7571

Army Hearing Program:

785-239-3810

Next Health

APR-STI awareness

MAY-Better Speech & Hearing Month

JUN-Safety Month

JUL-Youth Sports Week!

# MARCH IS **COLORECTAL** **CANCER** AWARENESS MONTH

Colorectal cancer (CRC) is the 2nd leading cause of cancer death in the United States.

Some CRC symptoms include:

- Blood in the stool
- Unexplained weight loss
- Change in bowel habits
- Anemia

60% of people with early-stage CRC & 77% with advanced CRC have no symptoms of the disease.

Screenings should begin at age 45 for adults with no family history of CRC.



**Public Health**  
Prevent. Promote. Protect.

★ U.S. ARMY Fort Riley, KS 