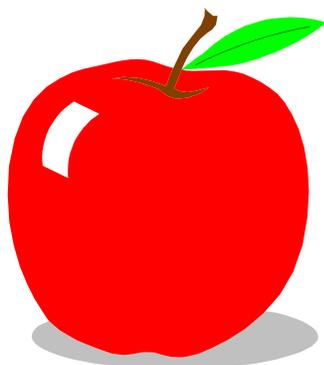
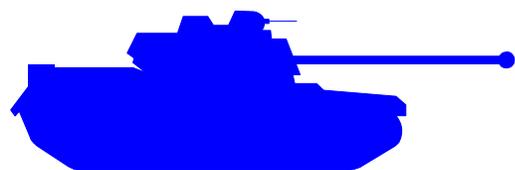
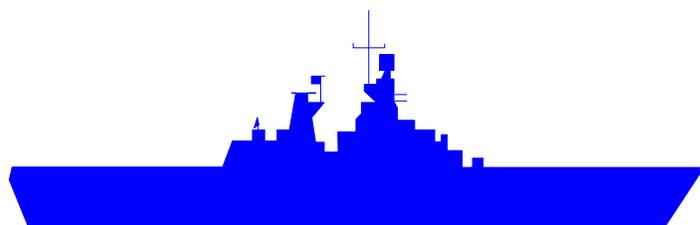
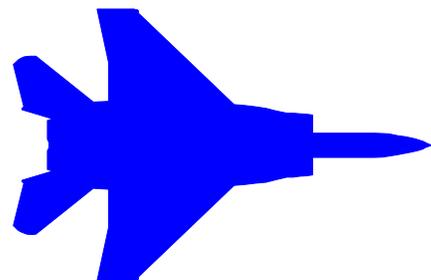


2000



National
Nutrition
Month
DoD
Package



"FOOD & FITNESS: HEALTH FOR A LIFETIME"
Eat Right America®

Please take a few minutes to complete the following survey. Your responses will help determine the contents of future resource packets.

2000 National Nutrition Month Resource Packet Survey		
	Yes	No
1. Did you use this resource packet?		
2. Did the marketing and planning section help you plan your activities?		
3. Did you browse through any of the internet sites listed?		
4. Did you request information from any of the resources listed?		
5. Did you reproduce any of the reproducible handouts/materials?		
6. Did your installation paper publish any of the articles?		
7. Do you plan to submit the remaining articles for publication throughout the year?		
8. Did you write your own articles for National Nutrition Month? (If yes, would you please send copies so we may use them in future resource packets)		
9. Did you receive the resource packet in time to use the resources?		

10. Is there anything else you would like to have included in next year's Nutrition Month Resource Packet? _____

11. Other Comments or Suggestions _____

12. What is your specialty? (Please check appropriate blank)

_____ Dietitian; _____ Health Promotion Coordinator; _____ Installation Food Manager;
Other _____ (please specify) _____

Thank you for your participation. To return the survey, please use the envelope provided or send to USACHPPM; ATTN: MCHB-TS-HSF (LTC Hoedebecke); 5158 Blackhawk Road; APG. MD, 21010-5403

21 October 1999

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS

SUBJECT: 2000 National Nutrition Month Resource Packet

1. The Department of Defense Nutrition Council is pleased to present the DoD National Nutrition Month (NNM) Resource Packet. National Nutrition Month is an annual event sponsored by the American Dietetic Association. To promote NNM, the theme for March 2000 is "Food & Fitness: Health for a Lifetime."
2. This year's objective is to emphasize the importance of proper nutrition and physical activity at every stage of life. Key messages in this year's campaign include the following: food and physical activity choices are personal; keeping fit can improve your mood, reduce stress and increase your energy level; a fitness lifestyle may reduce the risk of heart disease, cancer and diabetes; healthy eating fuels physical activity at every stage of life; food is a source of pleasure and good taste; and staying fit improves your chances for a higher quality of life.
3. The packet contains articles, planning guides, a nutrition jeopardy game, nutrition resources, to include Internet addresses, and reproducible handouts for your use in planning and supporting activities during NNM. The information provided is not limited to use in March, but should be utilized throughout 2000 to support a healthy lifestyle and improve mission readiness of our soldiers, sailors, and airmen.
4. Have a successful National Nutrition Month! The point of contact for the nutrition resource packet is LTC Sally Hoedebecke (Army) DSN 584-7007 or Comm (410) 436-7007, LCDR Sue Hite (Navy) DSN 882-4268 or Comm (901) 874-4268, or Capt Kim Cook (Air Force) DSN 754-1566 or Comm (202) 404-1566.

/s/

RICHARD F. LYNCH,
COL, U.S. Army
Chief, Dietitian Section, AMSC

/s/

JANEE PRZYBYL, CAPT, MSC, USN
Specialty Leader for Navy Dietetics

/s/

ESTHER F. MYERS, COL, USAF, BSC
Chief Consultant to the Surgeon General for
Nutrition and Dietetics

2000 NNM DoD Package Contents

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Resources.....	Section B
Reproducible Handouts.....	Section C
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"FOOD & FITNESS: HEALTH FOR A LIFETIME"

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