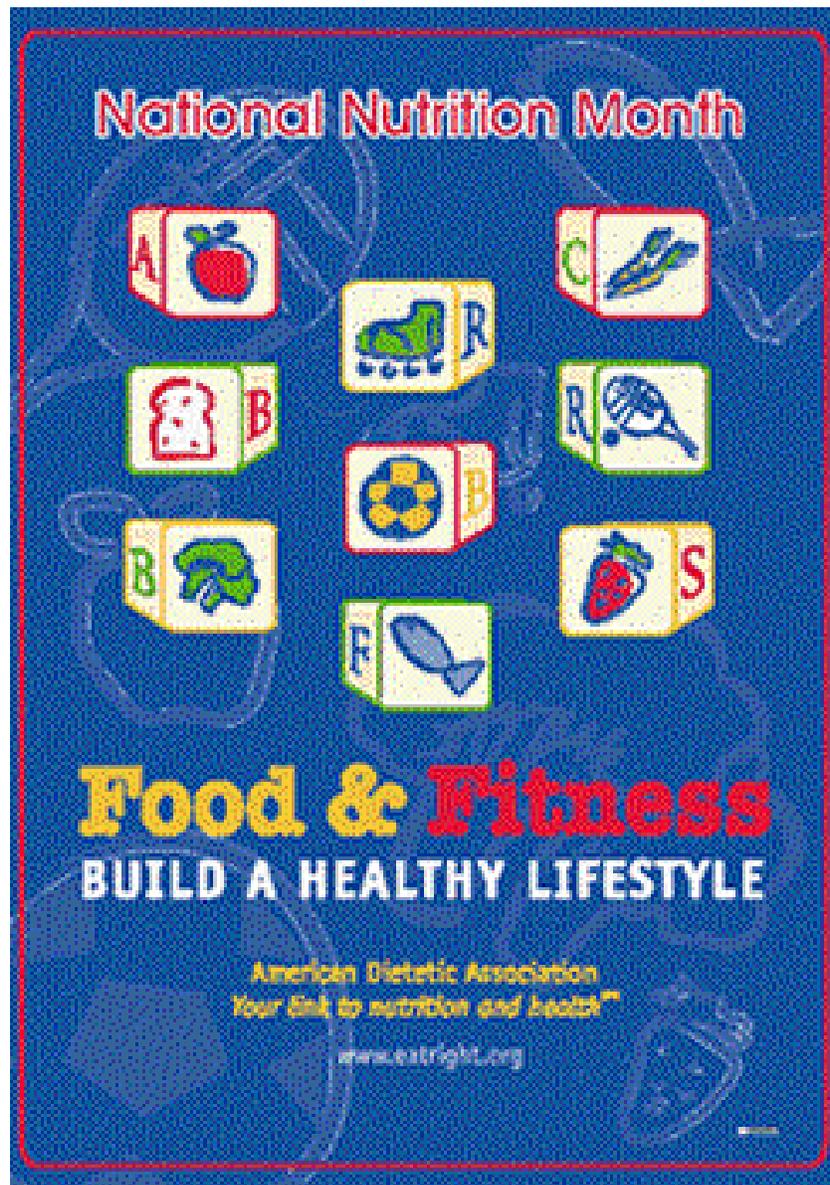


2001 National Nutrition Month Month DoD Package



"FOOD & FITNESS: Build a Healthy Lifestyle"

Eat Right America®

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

2001 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 email to LTC Joan Lyon at Joan.Lyon@APG.AMEDD.ARMY.MIL.

02 Jan 2001

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS

SUBJECT: 2001 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 2001 is "Food & Fitness: Build a Healthy Lifestyle."
2. The slogan for 2001, "**Food & Fitness: Build a Healthy Lifestyle**" reinforces the importance of nutrition and physical activity as key components of a healthy lifestyle. The slogan communicates the flexibility of nutrition recommendations, dietary guidelines, and the Food Guide Pyramid as the framework for daily food choices that can be personalized to each individual's food preferences, nutritional needs, health status, and lifestyle. It is a call to action that challenges Americans to take responsibility for their food, nutrition, and physical activity habits (ADA website www.eatright.org). This year's objective is to emphasize the importance of proper nutrition in a balanced healthy lifestyle. Key messages in this year's campaign incorporate the ABC's of good nutrition: A for Aim for fitness; B for Build a healthy base; C for Choose sensibly.
3. The packet contains articles, planning guides, nutrition games, 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 2001 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 Joan Lyon (Army) DSN 584-7007 or Comm (410) 436-7007, LT Michael Criqui (Navy) DSN 882-4268 or Comm (901) 874-4268, or Capt Kimberly Cook (Air Force) DSN 754-1566 or Comm (202) 404-1566.

/s/

MARGARET APPLEWHITE
COL, U.S. Army
Chief, Dietitian Section, AMSC

/s/

DENISE WEBER, CAPT (S), MSC, USN
Specialty Leader for Navy Dietetics

/s/

STEPHANIE F. McCANN, Col (s), USAF, BSC
Chief Consultant to the Surgeon General for
Nutrition and Dietetics

2001 NNM DoD Package Contents

Marketing and Planning.....	Section A
Resources.....	Section B
Reproducible Handouts.....	Section C
Articles for Publication.....	Section D
Additional Tools and Presentations.....	Section E

"FOOD & FITNESS: Build a Healthy Lifestyle "

Eat Right America ®