



Where Does Your Food Come From?

March is National Nutrition Month, and this year's theme is "Beyond the Table". There is a lot more that goes into food than just eating it. Many of us get food from the grocery store. But how did it get there? This month, spend some time learning about where your food comes from!

Visit farmers' markets or community gardens. These are great places to learn about your food. Talk to vendors at the farmer's market about where their products are from and how they are grown. Explore a community garden and talk to the gardener about what fruits and vegetables they grow.

Start your own garden. A wonderful way to learn about food production is by growing food yourself! Some grocery stores or gardening stores have growing kits that make growing a plant easy. Children can help with this too. Include them in the process of planting seeds, weeding, and watering. Learn about your plant: how much to water it, how much sunlight it should have, and how to know when it is ready to be harvested.

Ask loved ones for their favorite traditional recipes. Recipes that are passed down can be special for many different reasons. Ask where the recipe comes from and why it is a favorite dish. Celebrate the history of what makes these family recipes special and look for fun ways to adapt and enjoy them as part of a healthy eating pattern.

To learn more about National Nutrition Month, visit [National Nutrition Month® \(eatright.org\)](http://NationalNutritionMonth.org). Check out the weekly messages that include staying nourished on a budget, eating a variety of foods including different flavors and cultures, buying in season, and practicing food safety. Check out these useful tools and resources for both children and adults on how food is produced and for healthy eating: [Farm to Table: A Play on Farm to School at Home - Action for Healthy Kids](#) and www.myplate.gov.

Celebrate healthy eating at the table and beyond!

Written by: Macey Uzzell, Student Technician - BLT Social Media

Content Source: [National Nutrition Month® \(eatright.org\)](http://NationalNutritionMonth.org)

[Farm to Table: A Play on Farm to School at Home - Action for Healthy Kids](#)