

# NEWS RELEASE

March 17, 2014

For immediate release

For more information, contact: Jessica Davies, 308-487-3600 ext. 101 or 866-701-7173.

## ***Many Supports Offered Locally for Eating Healthy***

March is National Nutrition Month® and the Panhandle region is exploding with options to support you on your journey to enjoying the taste of eating right!

“We are so fortunate to have access to a variety of fresh fruits and veggies through offerings like Bountiful Baskets and Healthy Bundles in communities around the region,” touted Jessica Davies, Worksite Wellness Coordinator with Panhandle Public Health District. “It is always exciting to see what fruits and veggies will be in the baskets and fun to try new and unique items like fennel, kale, or persimmons!”

Many area grocers are taking nutrition to a new level by offering NuVal©, a food rating system measuring foods and beverages based on their nutritional quality. Foods are rated on a scale of 1-100 and the higher the score, the better the nutrition. Look for the NuVal© score on the shelf tag. It will help you compare the nutrition of two items the same way you would compare the prices. It’s a quick and easy way to trade up for the healthier option.

Local employers are also working hard to assure healthy options for their employees. Tyco Electronics (TE), a manufacturing company in Sidney, offers a “Fruit Tuesday” once a month for employees. Becky Thomas, Senior Accounting Clerk with TE, said, “We offer an array of apples, oranges, and bananas to employees. They look forward to having it and we like that we are able to promote the importance of healthy eating.”

Box Butte General Hospital in Alliance has an “Eat Right” menu to market and promote the existence of lighter foods that are more nutritious and healthier than other cafeteria food options. “Eat Right” stickers are posted on healthier options in vending machines, salad bar, and the carry out server.

“We have learned that helping employees make the healthy choice, the easy choice has encouraged them to start eating healthier more frequently,” stated Dan Newhoff, Wellness Coordinator with Box Butte General Hospital.

“Eating better doesn’t have to be costly. There are many resources available to help you make an informed decision about nutritious choices,” Davies said.

The Panhandle Worksite Wellness Council is an excellent resource for worksites looking to provide nutrition support for employees. “Employees spend 40+ hours of their week at work. Having good nutrition options is essential for improved employee health and increased productivity. It’s not just good for employees, it’s good for business,” Davies concluded.

For additional information about worksite wellness contact Davies at 308-487-3600 ext. 101 or visit [pphd.org/pwwc.html](http://pphd.org/pwwc.html). The Panhandle Worksite Wellness Council is a division of Panhandle Public Health District in partnership with Scotts Bluff County Health Department. The council offers extensive membership benefits to help build evidence-based worksite wellness initiatives for local organizations.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.