Valley Health Cabell WIC Hosts Annual Food and Nutrition Fair

HUNTINGTON, W.Va. – March is National Nutrition Month®. In celebration of this important month, Valley Health Cabell WIC holds a Food and Nutrition Fair each year to promote healthy eating, physical activity and outreach to local preschool centers.

This year's free fair took place on Friday, March 3. Approximately 70 children from local preschools attended where they visited 4-5 activity stations and learned about My Plate, how to make fruit smoothies and trail mix, how to be physically active through games, and how food affects dental health. The activities were hands on so every child was able to participate at each station. In addition, foods from the WV WIC food list were incorporated into the activities to show families different, creative ways they could be offered to children.

"The Valley Health Cabell WIC staff enjoyed teaching the children about healthy food and physical activity, and we hope each child took home a little bit of knowledge on wellness that they can share with their family," Jenna WIC, Valley Health nutritionist and registered dietitian, said.

Each child received a WIC bag with WIC income guidelines, recipes, Valley Health information and a Valley Health Frisbee. In addition, the children took home a snack size bag of apples donated by Wendy's and McDonald's along with the bag of trail mix they made during the fair.

Many West Virginia WIC vendors help support the event each year by providing gift cards used to purchase food and items needed for the fair. Donors included Piggly Wiggly, FoodFair and Wal-Mart.

For more information on this annual event, please contact Jenna Rose at Valley Health Cabell WIC Program at 1-800-953-1009.

For a complete list of services or locations, visit www.valleyhealth.org or call (304) 525-3334.

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Valley Health Systems, Inc. is a network of almost thirty non-profit health centers that has been a Tri-State leader in the delivery of primary healthcare since 1975. Operating in southern West Virginia and southeastern Ohio, Valley Health provides services to nearly 70,000 patients each year. For a complete list of services or locations, visit www.valleyhealth.org or call (304) 525-3334.