



MARCH IS National Nutrition Month

- Choose a variety of foods from each food group
- Look for nutrient-dense foods that have the most vitamins and minerals for the fewest calories
- Find a balance between intake and physical activity
- www.mypyramid.gov + www.eatright.org

Colorectal Cancer Awareness Month

- It is the second-leading cause of cancer deaths in the US
- Often there are no symptoms
- If you are age 50 or older start screening
- www.preventcancer.org/colorectal

National Poison Prevention Week

- 50% of calls involve children under age 6
- Call 1-800-222-1222 or www.njpies.org

March 24th is World Tuberculosis Day

Hopewell Township Health Department