



NAVY NUTRITION MONTH ACTIVITIES

Participating in nutrition month may take many different shapes and forms.

This is a list of suggested activities. Links and resources are all provided at [Navy Nutrition Month](#).

NAVY PROGRAMS

- **HEALTH PROMOTION TOOLBOX.** A collection of health promotion activities for the year.
- **CREWS INTO SHAPE.** An annual event where command teams compete to increase activity and increase intake of healthful foods.
- **NOFFS.** Download the nutrition series and become more informed about basic and performance nutrition.
- **SHIPSHAPE.** An 8-week lifestyle change course that promotes active living, healthful eating, stress management and quality sleep. Contact health promotions coordinator or local military treatment facility.
- **M-NEAT.** A command and/or base-wide assessment of the eating environment to help identify and communicate areas for improvement to support healthful eating options and decisions.
- **TIP OF THE DAY-POD NOTES.** Positive nutrition messages are a key strategy to shaping the nutrition environment. A collection of notes are provided on the NPC Navy Nutrition Website.
- **TOP TIPS FOR SAILORS.** A PowerPoint training with nutrition tips for healthful eating.
- **EAT HEALTHY, BE ACTIVE WORKSHOPS.** Interactive workshops designed to assist in taking small steps that have big impact. Contact your local health promotion coordinator for more information and class dates.

OTHER IDEAS

- **HOST A HEALTHY MEAL FOR FRIENDS**
- **HOST A POSTER CONTEST**
- **START A DISCUSSION ON FOOD**
- **TEACH SOMEONE OR LEARN TO COOK**
- **BE CREATIVE. HAVE FUN**
- **INCREASE AWARENESS OF THE ROLE SODA PLAYS IN DISEASE AND OBESITY**
- **GO ON A COMMISSARY TOUR**
- **TAKE A CLASS**
- **BRING A CHEF TO WORK**
- **INVITE A DIETITIAN TO SPEAK AT YOUR COMMAND**