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**NEWS
RELEASE**

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City of El Paso Celebrates National Nutrition Month



El Paso, Texas— The City of El Paso Department of Public Health (DPH) is celebrating National Nutrition Month in March by encouraging the community to make informed food choices and maintain a healthy habit for themselves and their family.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

DPH offers a variety of programs and services that focus on nutrition and healthy habits for families such as:

[Women, Infants and Children \(WIC\) program](#)

Benefits begin during pregnancy and continue until the participating child's fifth birthday. WIC provides supplemental foods designed to meet the special nutrition needs of low-income participants, breastfeeding support and nutrition counseling by trained professionals.

To qualify as a WIC participant, applicant must meet income eligibility guidelines and live in El Paso/Hudspeth County. Residents can fill out a quick application by visiting <https://texaswic.org/apply> or call the WIC Customer Service Center Monday through Friday from 8 a.m. to 5 p.m. at (915) 212-4942 to make an appointment.

[Be Well El Paso](#)

The Be Well program offers health coaches trained to help individuals identify health goals and become proactive participants in their health management. The Be Well El Paso program also teaches participants how to make healthier food choices, read nutrition labels, describe different ways of preparing nutritious food, how to shop for healthy foods on a budget, and much more.

For more information or to register for the upcoming *Be Well* Session visit, www.BeWellEP.com or call (915) 212-6633.

For more information on WIC services visit EPHealth.com and click on the [WIC tab](#).

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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