

Second Quarter 2024

Nutrition Communications Network



Jump into Spring and Summer with Science-Based Nutrition Messages

As the seasons change, it is the perfect time of year to make health and nutrition improvements. This guide provides easy-to-use, science-based nutrition messages to help fuel your social media outreach. Inside you'll find monthly messages with health-conscious tips, infographics, shareable resources, and a sample blog post that can be used to engage your members or followers.

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The Nutrition Communications Network is operated by the Reagan-Udall Foundation for the FDA. This project is part of a multi-part Foundation project on nutrition. It is supported by the Food and Drug Administration (FDA) of the U.S. Department of Health and Human Services (HHS) as part of an award of \$21,000 of federal funds (29% of the full project) and by \$50,000 committed from non-governmental sources (71% of the full project). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, FDA, HHS, or the U.S. Government. For more information, please visit FDA.gov.

Key Observances

National Food Month

National Minority Health Month

Move More Month

National Soy Foods Month

April 1-7: National Public Health Week

April 5: National Walk to Work Day

April 7: World Health Day

April 22: Earth Day

April 22-26: Every Kid Health Week

April 26: Stop Food Waste Day

APRIL

2024

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FDA is part of a government-wide effort to reduce food waste by 50% by the year 2030. Join the initiative to reduce food waste and cultivate a greener, more sustainable future! #FDATips <https://www.fda.gov/food/consumers/tips-reduce-food-waste>

Not sure which plant-based milk alternatives can help you meet your nutrition goals? Use the #NutritionFactsLabel to select plant-based milk alternatives like fortified soy beverages that are high in protein, vitamin D, calcium, and potassium. <https://www.fda.gov/food/nutrition-education-resources-materials/using-nutrition-facts-label-choose-milk-and-plant-based-beverages>



Ready to spring into action? Get moving this #MoveMoreMonth and challenge yourself to find ways to get more physical activity throughout the day. Make it a habit to take the stairs or begin work with a brisk walk to make everyday tasks active!

<https://www.youtube.com/watch?v=61p1OIO20wk>

Grocery shopping in the produce aisle this April? Don't overlook the "ugly" fruits or vegetables with physical imperfections for your holiday sweet bread or soup. This produce is still safe to eat and can sometimes be found at discounted prices. #FDATips

<https://www.fda.gov/food/consumers/tips-reduce-food-waste>

In 2022, the White House released a National Strategy to end hunger and increase healthy eating and physical activity by 2030. The strategy includes several FDA initiatives to help accelerate efforts to empower consumers with information.

<https://www.fda.gov/food/food-labeling-nutrition/fdas-nutrition-initiatives>

Confused over voluntary date labeling? Some foods are okay to consume even after the quality-based date label on the package has passed. Consumers can utilize the "Best if Used By" date to indicate when a product is at its best flavor or quality.

<https://www.youtube.com/watch?v=T5jgZ4fJJsw>

Healthy eating is important at every age. Designate a shelf or drawer in your fridge for your kids. Stock it with cut-up fruits and vegetables, yogurt, and applesauce.

https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_17_HealthyEatingForKids.pdf

As the weather warms up, freezing is a great tool to preserve foods and prevent food waste. This #EarthDay, protecting the planet is right at your fingertips. Explore USDA's FoodKeeper App for information on how long different food items can be stored in the freezer to maintain their freshness and quality.

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

Spring calls for more time outdoors, and what better way to enjoy the warmer weather than with a picnic to celebrate this #NationalPicnicDay. You might not have packed your basket with food safety in mind, but FDA has the resources you need to make sure your fruit salad and sandwiches are prepped and stored properly to prevent foodborne illness.

<https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>



Key Observances

Mental Health Awareness Month

National Older Americans Month

National Barbeque Month

May 12-18: National Women's Health Week

May 13-19: Food Allergy Awareness Week

May 17: World Hypertension Day

May 28: World Hunger Day

MAY

2024

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Apart from water, tea is the most popular drink in the world, with >5 billion cups consumed globally every day! This International Tea Day, savor your favorite brew hot or over ice, and remember to use the Nutrition Facts Label to check the Added Sugars content.

#FDAFoundation

https://health.gov/sites/default/files/2021-08/DGA_FactSheet_AddedSugars_2021-06_508c.pdf

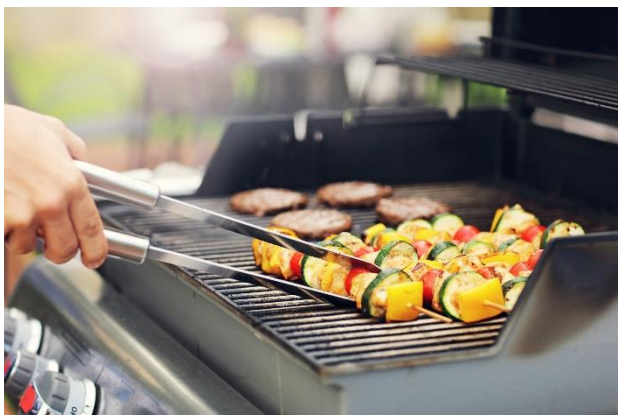
Fresh-squeezed or raw juices may harbor bacteria and increase the risk of foodborne illness. Help prevent foodborne illness by remembering to wash and scrub fruit before juicing so you can squeeze the day!

<https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-juice-safety>

Too much sodium in the diet can increase blood pressure and pose a major risk factor for hypertension. Most consumers take in 3,400 mg of sodium on average each day, but federal guidelines recommend less than 2,300 mg per day for most age groups. Take charge of your sodium intake with the #NutritionFactsLabel and look for "low sodium" and "no salt added" labels on prepared meals, nuts, seeds, and snack products.

#WorldHypertensionDay

<https://www.fda.gov/media/84261/download#:~:text=Americans%20eat%20on%20average%20about,1%20teaspoon%20of%20table%20salt>



It's #NationalBarbecueMonth so gather your loved ones and fire up the grill. Reduce your daily sodium by using spices and herbs like cilantro, paprika, or rosemary so you can turn up the taste without turning up the salt.

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>

Embracing healthy eating habits isn't just about aging gracefully, it's about taking charge of your health and reducing the risk of disease along the way. For older adults, prioritizing nutrients like potassium, calcium, vitamin D, dietary fiber, and vitamin B12, alongside adequate protein intake, is key to preserving muscle mass and overall well-being.

<https://www.myplate.gov/life-stages/older-adults>



Let kids participate in grocery shopping online or in-store. Reward them by letting them choose their favorite fruit.

https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_17_HealthyEatingForKids.pdf

The Nutrition Facts Label found on packaged foods and beverages is your daily tool for making informed food choices. Explore it today and discover the wealth of information it contains!

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro>



Food labeling serves as an important tool to guide healthy eating habits and FDA's labeling initiatives, like updates to the #NutritionFactsLabel, were made to empower consumers like you to make the healthier choice, the easier choice.

<https://www.fda.gov/food/food-labeling-nutrition/fdas-nutrition-initiatives>

Test your knowledge about the Nutrition Facts Label by taking this Fun Facts Quiz.

<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/quiz/>

Key Observances

National Men's Health Month

National Fresh Fruit and Vegetables Month

National Alzheimer's and Brain Awareness Month

June 7: World Food Safety Day

June 10-16: Men's Health Week

June 16: Father's Day

June 19: Juneteenth

June 20: First Day of Summer

JUNE

2024

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This #WorldFoodSafetyDay and every day, we are committed to advancing food safety across the supply chain. Learn how you can do your part to reduce the risk of foodborne illnesses today!

<https://www.fda.gov/food/consumers/world-food-safety-day>

Educate kids both at home and in the classroom with the FDA Science and Our Food Supply Resources. These activities and tools empower kids to make informed choices about food safety, meal planning, and how to use the #NutritionFactsLabel.

<https://www.fda.gov/food/students-teachers/science-and-our-food-supply>



Summer is heating up, but don't let food safety chill. Refrigerate or freeze meat, poultry, eggs, seafood, and other perishable foods within 2 hours for best safety and quality. And don't forget, your refrigerator temperature should be consistently 40° F or below, and your freezer temperature should be at least 0° F.

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

Take a fresh perspective on sugar this summer and use the Nutrition Facts Label to find total and added sugar on the label, how sweet! Added sugars include sugars added during the processing of foods while total sugars include sugars already present in foods.

<https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label>

Explore your culinary creativity by seeking out in-season produce at the grocery store for your next weeknight meal. Whether for the whole family or a serving for one, whole-grain pasta paired with seasonal cherry tomatoes and zucchini makes for an easy and nutritious dish!

<https://snaped.fns.usda.gov/seasonal-produce-guide>

.@USDA's @MyPlate recommends filling half of your plate with fruits and vegetables. Use MyPlate's recipes to find easy sides like Apple Corn Chili or Black Bean Soup to eat more of these food groups. #NationalFreshFruitandVegetablesMonth

<https://www.myplate.gov/recipes/myplate-cnpp/apple-corn-chili>

Empower kids to maintain healthy eating habits this summer! Start their day right by involving them in preparing a balanced lunch for the whole family. Use these resources for additional tips on how to help them maintain good nutrition.

<https://www.cdc.gov/nccdphp/dnpao/resources/child-teen-resources.html>

Whether you're hitting the trails or setting up camp this summer, remember to check the #NutritionFactsLabel on packaged foods to make informed food choices. Don't forget to pack nutritionally balanced snacks like trail mix or energy bars with the right balance of protein and healthy fats to fuel your trek!

https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Vitamins&MineralsChart_October2021.pdf

Calcium and vitamin D are key nutrients found on the #NutritionFactsLabel that support bone health and can reduce the risk of developing osteoporosis, anemia, and high blood pressure. For men, these recommendations become more important with age. Use the @MyPlate Plan to discover how to personalize food groups by age and sex. <https://www.myplate.gov/myplate-plan>

Today we celebrate the father figures who shape our lives in countless ways, including in the kitchen. Like this post if you're thankful for the role your dad played in teaching you fundamentals in the kitchen. From flipping pancakes to creating healthy snacks with fruits and vegetables, parents are important role models in the kitchen, and the memories you create together last a lifetime.

<https://www.fda.gov/media/131191/download>



Infographics



You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active – and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

[Download](#)

Start simple
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

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[Download](#)

Sharable Resources

- ❖ [FDA Interactive Nutrition Facts Label](#)
- ❖ [Vitamin and Minerals Fact Sheet](#)
- ❖ [Total Carbohydrates](#)
- ❖ [Sodium in Your Diet](#)
- ❖ [Older Adults and the Nutrition Facts Label](#)
- ❖ [Using the Nutrition Facts Label to Choose Milk and Plant-Based Beverages](#)
- ❖ [USDA MyPlate Tools](#)
- ❖ [CDC Healthy Eating Tips](#)

Check the Package for Nutrient Claims

You can also check for nutrient claims on food and beverage packages to quickly identify those that may contain less sodium. Here's a guide to common claims and what they mean:

What It Says	What It Means
Salt/Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing – but these products may not be salt/sodium-free unless stated

Blog Post

Mastering Outdoor Food Safety



As you embark on your outdoor summer travels this year, prioritize food safety to keep foodborne illness from getting in the way of your trip. Whether camping, hiking, or boating, any outdoor activity that involves food preparation could result in foodborne illness. Remember, if the food isn't handled with care, it can result in an unwelcome souvenir: foodborne illness.

Packing Safely

Different outdoor activities allow for more cold storage options than others, but if you are out for longer than two hours and plan to either prepare a meal or eat on the go, it's important to bring some form of cold storage, whether a cooler or lunchbox, to keep your cold foods safe. Most cold lunch foods like sandwiches with deli meat, salads, yogurt, or cheese sticks can grow bacteria if they are left out for more than two hours in the 'Danger Zone' above 40 °F. Plan ahead to keep these foods safely stored.

If camping with family or friends this season, a cooler is an excellent option for keeping foods cold, but it may require more time to pack. Pack foods in reverse order in the cooler so that the items you intend to eat first are at the top. When bringing any raw meat or poultry items for grilling, pack them separately from ready-to-eat foods to prevent cross-contamination. Sun's rays beating down? Ensure the cooler is well insulated with a blanket, tarp, or poncho, or position it in a shaded spot at the campsite to keep from spoiling quickly. Finally, dispose of any perishable foods if the cooler's ice melts or if the gel-pack thaws, as leftover food can only be considered safe if the cooler maintains its icy temperature. After all, the summer's heat won't chill out for anyone!

Practicing Good Hygiene

Whether exploring the wilderness or boating out on the lake, maintaining good hand-washing hygiene and safe food-handling practices is essential. Wash your hands with biodegradable soap and water before and after handling food or use hand sanitizer or disposable wipes containing at least 60% alcohol. Don't rely on untreated water from lakes or streams for drinking, cooking, or cleaning and instead bring along bottled or tap water to ensure you are properly hydrated all day long. Let's keep those germs at bay while sailing through your outdoor adventures!

Grilling Foods Safely



With good hygiene in check, if you plan to grill or cook outdoors at a campsite, ensure you bring enough clean plates and utensils to prevent cross-contamination between any raw and uncooked foods. While easy to forget, always bring a food thermometer to ensure the meat is cooked to a safe internal temperature, as the color alone of your summertime lean meats may not be a reliable indicator of doneness.

While someone handles the grilling, why not complement your freshly grilled meats or seasoned veggie skewers with low sodium packaged foods? Before your trip, be sure to check the Nutrition Facts Label and opt for shelf-stable canned foods labeled with 'reduced sodium' or 'no-salt-added.'

As you venture out to enjoy the sights and sounds of nature, remember that food safety is just as crucial outside the kitchen as it is within. Whether you're camping, hiking, or boating, proper food storage and handling are essential to prevent foodborne illness. From ensuring you have enough cold storage to practicing good hygiene, every step counts. Food safety does not discriminate, but you can prevent it with these food safety tips and still make lasting memories in the great outdoors.

