



# Food ConnectsUs

2025 NATIONAL NUTRITION MONTH®  
A Campaign by the Academy of Nutrition and Dietetics

## Food Connects Us to Culture, Family, and Health

Food is more than just nourishment—it's a way to connect with loved ones, celebrate traditions, and improve well-being. Here are some tips for making informed food choices and embracing the power of food to connect us all!

- **Explore the Connection Between Food and Culture**
  - ✓ Learn the history and traditions behind the foods you eat.
  - ✓ Try new recipes from different cultures.
  - ✓ Share meals and stories with family and friends.
  - ✓ Support local farmers and markets to learn where your food comes from.
- **Make Smart Food Choices on Any Budget**
  - ✓ Plan meals ahead of time and make a grocery list.
  - ✓ Look for sales and buy seasonal, less-processed foods.
  - ✓ Take advantage of community resources like WIC, SNAP, and food banks.
  - ✓ Grow your own herbs or vegetables at home or in a community garden.
- **Try These Classes Taught by a Registered Dietitian Nutritionist (RDN)**

Group Nutrition Classes are held on *Wednesdays from 4:30-5:30 PM* at the Allegany County Health Department, 12501 Willowbrook Road, Cumberland, MD, ground floor, Conference Room #2:

***Taming Your Sweet Tooth***

1st Wednesday of every month

***Mindful Eating Basics***

2nd Wednesday

***Meal Planning on a Budget***

3rd Wednesday

***Stress Management Support Group with Gentle Movement/Chair Yoga***

4th Wednesday

To register, call **301-759-5270** or email [Theresa.stahl@maryland.gov](mailto:Theresa.stahl@maryland.gov).



*Allegany County*  
**HEALTH DEPARTMENT**  
"Healthy People, Healthy Communities"

Learn more and find resources at:

<https://health.maryland.gov/allegany/Pages/Nutrition.aspx>

**Happy National Nutrition Month!**