

eat right. Academy of Nutrition and Dietetics

GO FURTHER
with **FOOD**

NATIONAL NUTRITION MONTH® 2018

MDDA
Montgomery District Dietetic Association

The poster features a central white panel with a purple background. At the top, it says "eat right. Academy of Nutrition and Dietetics" with a small logo. Below this is a row of food illustrations including broccoli, tomatoes, a potato, green beans, a yellow pepper, and a fish. The main title "GO FURTHER with FOOD" is prominently displayed, with "GO FURTHER" in green and "with FOOD" in orange and green. Below the title is "NATIONAL NUTRITION MONTH® 2018". A second row of food illustrations includes cheese, grapes, a bowl of beans, a slice of watermelon, and carrots. At the bottom is the MDDA logo, which consists of a green fork and spoon icon, followed by the letters "MDDA" in blue, yellow, and red. Below the logo is the text "Montgomery District Dietetic Association".



NUTRITION CAN BE INSPIRING

HEALTHY FOODS FOR A HEALTHY FUTURE

WIC CAN OFFER YOU AND YOUR FAMILY:


- Healthy foods
- Health care referrals
- Nutrition information
- Breastfeeding support

Call your local health department or 1.888.942.4673

WIC NUTRITION PROGRAM
This institution is an equal opportunity provider.

ADPH.ORG
Alabama Department of Public Health


The poster features a central white panel with a purple background. At the top, it says "NUTRITION CAN BE INSPIRING" in large, bold, red letters. Below this is a photograph of three children: a girl in a red fireman's outfit, a boy in a white chef's outfit, and a girl in a green apron. Below the photo is the text "HEALTHY FOODS FOR A HEALTHY FUTURE". The main body of the poster is dark red and contains the text "WIC CAN OFFER YOU AND YOUR FAMILY:" followed by a list of services: "Healthy foods", "Health care referrals", "Nutrition information", and "Breastfeeding support". Below the list is the text "Call your local health department or 1.888.942.4673". At the bottom left is the WIC logo and "NUTRITION PROGRAM" with a small disclaimer. At the bottom right is the ADPH.ORG logo and "Alabama Department of Public Health".



BUILD A BETTER BRAIN.

GET THE RIGHT TOOLS WITH **WIC**
NUTRITION PROGRAM


SUPPORT & EDUCATION
1-888-WIC-HOPE **ADPH.ORG**



NUTRITION KNOWLEDGE YOU CRAVE.

GOOD FOOD FOR A GOOD START **WIC**
NUTRITION PROGRAM

SUPPORT & EDUCATION
1-888-WIC-HOPE **ADPH.ORG**



**SMART FOOD.
SMART START.**

GET THE RIGHT ANSWERS WITH **WIC**
NUTRITION PROGRAM

SUPPORT & EDUCATION
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SERVE UP
a healthy future for your family...
Get WIC!









