



**FOR IMMEDIATE RELEASE**  
**February 29, 2012**

### **March is National Nutrition Month**

**LAS VEGAS** – March is National Nutrition Month. The Southern Nevada Health District encourages everyone to “Get Your Plate in Shape” by adding more fruits, vegetables, whole grains, lean protein and dairy to every meal. The health district and the Las Vegas Farmers’ Market® are joining the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) to commemorate the observance. Visit [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org) for additional information.

The Las Vegas Farmers’ Market will offer a special promotion for its Supplemental Nutrition Assistance Program (SNAP) customers with its Las Vegas Farmers’ Market \$5 SNAP Redemption Match at all of its market locations during March. SNAP customers will receive a credit equal to a dollar-for-dollar match for up to \$5 in SNAP benefits spent at the markets. The promotion is made possible by a grant from the Southern Nevada Dietetic Association and will last as long as funds are available. Market locations, times and days vary and the markets switch to summer hours beginning Sunday, Mar. 11 when Daylight Savings Time begins. For specific market days and hours, visit <http://lasvegasfarmersmarket.com/>.

The health district encourages visits to local farmers markets because they provide customers with an opportunity to obtain locally grown, high quality fresh fruits and vegetables. Farmers’ markets are an excellent location to redeem SNAP benefits for healthy food choices. The Las Vegas Farmers’ Market also accepts credit and debit transactions as well as wireless electronic benefits transfer (EBT). EBT cards work like a debit card. SNAP is a federal nutrition program that helps people stretch their food budget and buy healthy food. Benefits are provided monthly via EBT cards.

The Southern Nevada Health District’s office of chronic disease prevention and health promotion has videos and information available on its website, [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org) including online tips to make smarter and healthier choices, tools to encourage more physical activity, and ways to minimize health risks. The YouTube channel offers a variety of videos, including grocery aisle tours, diabetes management, information about portion control, or how to make small lifestyle changes to earn big benefits.

Updated information about the Southern Nevada Health District can be found on Facebook [www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter: [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo). The health district is now available in Spanish on Twitter [www.twitter.com/TuSNHD](http://www.twitter.com/TuSNHD). Don’t have a Twitter account? Follow the health district on your phone by texting “follow SNHDinfo” to 40404.