

# CT Behavioral Health Homes



March is  
**National  
Nutrition  
Month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Employee Appreciation Day	3
4	5	6	7	8	9	10
11	12	13	14	15 World Consumer Rights Day	16	17
18 National Agriculture Week	19	20 International Earth Day	21	22	23 BHH Learning Collaborative/ Implementation Session	24
25	26	27	28			

“National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits” -[www.eatrightpro.org](http://www.eatrightpro.org)

# Resources

## Community Resources

- ◇ [Connecticut WIC Program](#)
- ◇ [Eat Right CT](#)
- ◇ [Child Nutrition Programs](#)
- ◇ [Get Healthy CT](#)
- ◇ [CT Farmers' Markets that accept FMNP, WIC, or SNAP](#)

## Online Resources

- ◇ [National Nutritional Month Game for Adults and Kids](#)
- ◇ [Healthy Eating on a Budget](#)
- ◇ [Choose My Plate Quiz](#)
- ◇ [What's Cooking?](#)
- ◇ [Good Nutrition Reading List](#)
- ◇ [Make Small Changes \(videos\)](#)
- ◇ [Healthy Eating for Kids & Families](#)

## Toolkits

- ◇ [National Nutrition Month Celebration Toolkit](#)
- ◇ [National Nutrition Month Media Materials](#)
- ◇ [MyPlate Message Toolkit](#)
- ◇ [Shop Smart—Get the Facts on Food Labels](#)
- ◇ [SuperTracker: My Food. My Fitness. My Health](#)

# BHH Services

**Comprehensive Care Management**— For clients interested in a healthier diet, assess needs and include eating healthy in their treatment plan.

**Care Coordination**— Monitor client's progress in maintaining a health diet. Help client schedule and attend appointments with dietitians, nutritionists and/or other healthy eating support services.

**Health Promotion**— Educate clients about nutrition and healthy foods. Discuss benefits of eating healthy and encourage clients to seek help if they would like to change their diet. Share with them the available resources.

**Comprehensive Transitional Care**— If a client is hospitalized because of complications related to a condition impacted by nutrition, ensure client has appropriate healthy eating services/supports after discharge.

**Patient and Family Support**— Invite family support to attend information sessions . Discuss client's nutritional goals and plans with supports and ensure availability of self-management tools.

**Referral to Community Support Services**— Find support groups or events that will encourage clients to maintain a healthy lifestyle.

