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National Nutrition Month 2025: Food Connects Us



Food Connects Us

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

Since 1973, March has been designated as National Nutrition Month, a way to emphasize how important nutrition is to the overall health and well-being of the American population. The theme this year is “Food Connects Us” and is meant to showcase the different ways we can forge connections through food, using a new message each of the 4 weeks of the month.

Week 1: Connect with Food



Learn about community resources, like food banks, SNAP, WIC, local farms and farmers markets, community-supported agriculture (CSA) and other programs (hint: Cornell Cooperative Extension is a great resource!)

Explore where your food comes from: think about how your food was grown or raised, the people whose hard work contributed to your meal, and how far your food traveled before it reached your table



Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, protected veterans, and individuals with disabilities and provides equal program and employment opportunities.

Week 2: Connect with a Nutrition Expert



Speak with your doctor about a referral to a dietitian, who can help develop personalized nutrition strategies to help you reach your goals; this may be covered by insurance

DIETITIAN VS NUTRITIONIST

Qualification

- Bachelor's degree
- Completion of a Dietetic Internship
- Passed a national exam
- Maintains on-going education credits

Definition

- A qualified health professional who helps promote good health through proper nutritional habits

Legal Status

- An expert on nutrition
- Registered with the Commission of Dietetics Registration (CDR)
- Licensed to practice diet and nutritional consultation

Qualification

- None required
- Self-proclaimed title

Definition

- Someone who works with food and nutritional science, aiming to prevent diseases related to nutrient deficiencies.

Legal Status

- Not legally accepted as an expert

Take advantage of the FREE nutrition services available from Cornell Cooperative Extension and make an appointment with the dietitian



Week 3: Explore the Connection Between Food and Culture

Embrace your cultural foods: family recipes have a place in a balanced diet, without needing to “healthify” them



Enjoy meals with friends and family whenever possible: connecting over meals can help improve intake, enjoyment and satisfaction



Experiment with new ingredients and cooking techniques



Week 4: Build the Connection Across All Stages of Life

Learn how nutrient needs change with age



Focus on balanced and sustainable eating habits

Sweet & Spicy Pork Chops Recipe from Taste of Home

Prep Time: 10 mins Cook Time: 10 mins

Makes 2 servings

Ingredients:

- 2 tablespoons brown sugar
- 1 tablespoons finely chopped onion
- 1-1.5 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon prepared mustard
- 2 boneless pork loin chops
- Dash salt & pepper



Directions:

1. Preheat broiler. In a small bowl, mix the first 5 ingredients.
2. Place chops on a broiler pan; sprinkle with salt & pepper. Broil 4 inches from heat for 5 minutes. Turn; top with brown sugar mixture. Broil 4-5 minutes longer or until a thermometer reads 145°. Let stand 5 minutes before serving.

Nutrition Facts (per chop): 212 calories, 7g fat (2g sat fat), 55mg cholesterol, 137mg sodium, 15g carbohydrate (14g sugars, 1g fiber), 22g protein

Resources: <https://eatlovenutrition.wixsite.com/mckennard/single-post/2016/03/10/national-nutrition-month-dietitian-vs-nutritionist>

<https://www.eatright.org/national-nutrition-month>

<https://www.tasteofhome.com/recipes/sweet-and-spicy-pork-chops/#RecipeCard>

Consumer-centered access for long-term care information, referrals and assessments.
For information, call 518-382-8481, #9, ext. 304

Do you have questions or concerns about what to eat?
If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>



Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

OFA March 2025