



Eric Holcomb, Governor  
State of Indiana

***Division of Aging***

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**Governor Holcomb proclaims March 15-19,2021, Nutrition Awareness Week**

Governor Holcomb has proclaimed March 15-19,2021, as Nutrition Awareness Week across the state of Indiana and is being celebrated by the members of INconnect Alliance. To read the proclamation [please click here](#). The celebration will include a special menu for the week to highlight this year's theme, "Enhance Your Plate". This year's theme is meant to encourage enhancing your plate with herbs and spices and enriching your plate by gardening for physical activity. Nutrition Awareness Week is coinciding with National Nutrition Month®, an annual campaign created by the Academy of Nutrition and Dietetics.

Indiana's nutrition program provided approximately 2,449,166 meals in 2020 serving over 29,477 clients nutritious meals that meet the most recent Dietary Guidelines for Americans and providing socialization and nutrition education. Meals are provided free of charge and depending on the circumstances are funded by Title III-C of the Older Americans Act, SSBG, state resources, and/or local resources. Individuals are however encouraged to make a small donation.

The INconnect Alliance is comprised of fifteen Aging and Disability Resource Centers, serving sixteen areas, throughout Indiana. To find your local INconnect Alliance member [click here](#) or call 800-713-9023.

