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Chair, Eat Right Montana Coalition

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Eat Right Montana Offers New Online Library of Health Tips

For more than a decade, Eat Right Montana, a statewide coalition of health organizations, groups, and individuals, has published a monthly newsletter. *Healthy Families* has provided Montanans with a go-to resource for positive, practical nutrition and fitness information, along with tasty recipes and easy tips for healthy living. Now, four years of these award-winning Eat Right Montana resources will be offered in a new, more-accessible format.

“When it comes to national health rankings, Montana has been in the middle of the pack at 25th out of 50 for two years in a row,” says Kim Pullman, RD (Registered Dietitian) and Chair of Eat Right Montana (ERM). “The ERM coalition wants to improve the health of our state. That’s why our group has created a new online library of nutrition, fitness, and cooking tips to support your family’s health on our website at www.eatrightmontana.org/eatrighthealthyfamilies.htm.”

According to Pullman, ERM has always steered clear of fad-diets and focused on realistic nutrition and fitness solutions that work for Montana families. “We know that Montanans want down-to-earth advice that fits their lifestyle,” she explains. “We know that today’s time-crunched and budget-conscious consumers want 24/7 access to quick, inexpensive ways to feel better every day.”

Pullman believes that the new format will offer all Montana consumers and professionals easier access to the wealth of healthy food and fitness information that ERM has collected, including:

- **Recipes and Cooking Tips:** Talk about tasty! This section of the ERM library is packed with dozens of quick, easy, delicious recipes - everything from soup (*Barley-Chicken Soup, Terry’s Terrific Tortilla Soup*, and more) to nuts (*Oatmeal, Fruit, and Nut Bars*). All recipes meet nutrition guidelines, plus they are guaranteed to use ingredients readily available in Montana grocery stores and to please even the most finicky eaters in your family.
- **Healthy Eating Tips:** ERM believes that healthy eating should be easy and realistic for busy families. With over 50 tip sheets on every nutrition topic imaginable, this section offers what you need to gradually help your family adopt eating habits - from money-saving *Breakfast at Home* to fun *Green Tips for Camping Trips*.
- **Active Lifestyle Tips:** Montanans are blessed to live in Big Sky country - with unlimited and inexpensive ways to enjoy family activities in beautiful natural settings. Indoors or outdoors, at home or at the park, this section can help your family *Enjoy Active Staycations, Build Strong Muscles at Any Age, Give Gifts of Fun and Fitness*, and much more.

“Eat Right Montana extends sincere thanks to all our sponsors for making this new online healthy library possible,” says Kim Pullman. “Their years of support have allowed ERM to promote healthy eating and active lifestyles with information that is reliable, practical, and trusted across the Treasure State. We look forward to continuing that tradition in our future efforts.”

Eat Right Montana’s new online library of healthy tips and recipes can be downloaded for free at www.eatrightmontana.org/eatrighthealthyfamilies.htm