

Adult Nutrition Month Display

March is Nutrition Month! This year's Nutrition Month theme is "Unlock the Potential of Food". Food not only provides nourishment but prevents disease, keeps us well for longer, brings us together and inspires us. This is why dietitians love food and believe in its potential to enhance lives and improve health. This year's Nutrition Month campaign has five topics that explore the theme "Unlock the Potential of Food": potential to fuel, potential to discover, potential to bring us together, potential to heal and potential to prevent. Nutrition students from the University of Saskatchewan and Dietitians of Canada have partnered to make this display to help show Canadians how dietitians can support them in unlocking the potential of food. To find more resources please visit www.NutritionMonth2018.ca. The Nutrition Month materials include 5 fact sheets and 15 feature recipes for you to use. To request the Nutrition Month poster please contact the public health nutritionist in your area or contact SaskMilk at (306) 949-6999 or info@saskmilk.ca.

To set up the display:

1. Choose a plain background to put the materials on.
2. Print off all the materials. Assemble as shown on the layout page.
3. If you have the space, consider adding other Nutrition Month promotional resources.

March is Nutrition Month

Potential to Fuel

Potential to Discover

Potential to Bring Us Together

Cooking with Kids

Benefits of Eating Together

Potential to Prevent

Eat Well Sask

Potential to Heal

Try this at Home

Food Groups

Take the Challenge

Dairy Farmers Poster



March is Nut

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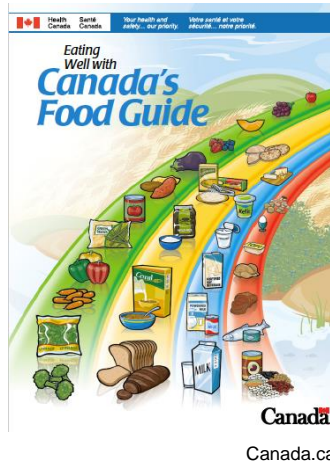
Potential to Fuel:

Stay energized by planning nutritious snacks

Tips for healthy snacking

**Don't snack from the box.
Take smaller portions or buy
small packages of food.**

Idea: 7 whole grain crackers with
1 oz low fat, low sodium cheese.



**Keep healthy snacks at your
desk, in your bag or in your car.**

Idea: Make trail mix with dry fruit,
cereal and unsalted nuts and seeds.

**Include at least two food
groups from Eating Well with
Canada's Food Guide.**

Idea: Layer fruit with 1 cup of
low-fat yogurt. Add a spoonful of
trail mix.



Potential to Prevent:

Food can help prevent chronic diseases like type 2 diabetes and heart disease



Veganaustralia.org.au

To prevent disease eat more vegetables, fruit, whole grains, healthy fats and proteins.

- Healthy fats are nuts, seeds, and vegetable oils such as canola, olive or avocado.
- Healthy proteins are legumes, nuts, seeds, meat, poultry, fish and dairy products.

Potential to Heal:

Food can heal

Dietitians work in health care teams to make a difference

Dietitians are food experts!

- ❖ Dietitians help clients choose foods to meet their body's needs.
- ❖ Dietitians are found anywhere there is food!
- ❖ Find them in hospitals, schools, clinics, public health, industry, private practice, community workshops and grocery stores.
- ❖ Where to find a Dietitian near you? www.dietitians.ca/find



Potential to Bring Us All Together:

Bring families and friends together with food

Mealtimes are one of Canadians favourite times to be together



Blog.fieldtripfactory.com

- ❖ It is challenging to find time to eat meals with friends and family.
 - Busy schedules are the most difficult problem.
 - It takes creativity to make time for family meals.
 - Try crock-pot recipes!
- ❖ Eating together allows family and friends to share traditions, and bond.

Benefits of Eating Together:

Sharing food has power

- ❖ Role modeling at family meals can help children have better eating habits.
- ❖ Adults who eat with friends and family eat more vegetables and fruits, drink fewer carbonated drinks, and eat fewer fast food meals.
- ❖ Children who eat with their families:
 - Do better in school.
 - Eat more vegetables, fruit, and dairy products.
 - Develop healthier relationships with food.



Potential to Discover:

Develop healthy eating habits with children by teaching them to shop and cook



- ❖ Cooking skills can start at a young age.
- ❖ Habits started young can continue while they grow.
- ❖ Getting kids involved with shopping and cooking can help picky eaters!
- ❖ Parents influence children's eating habits by role modeling.

Tips on Cooking for Different Ages

Ages 2-4:

Young children enjoy doing things on their own. They explore with senses of touch, taste, smell, and sight. Let kids help you find ingredients in the fridge and cupboards.

Ages 4-6:

“Picky eaters” are often seen in this age group. Cooking helps children be open to trying new foods. Try letting your kids slice soft fruit or vegetables with a plastic knife.

Ages 6-8:

At this age children are able to read and follow simple recipe steps. Let your kids invent a fruit salad or smoothie recipe.

Ages 8-11:

This age group is more coordinated and can safely use some appliances. Have kids make their own lunch for school. Use foods from all 4 food groups.

TAKE THE CHALLENGE!

Go to www.NutritionMonth2018.ca and take the pledge to

Unlock the Potential of Food

- ❖ Download the challenge certificate. Tell friends and family to sign one too!
- ❖ Looking for apps to help you out in the kitchen? Get Cookspiration and EaTracker here: www.dietitians.ca/gettheapps
- ❖ Share on social media that you took the pledge by using the hashtags:
 - Take the challenge to unlock the potential of food this #NutritionMonth
 - I (my name) will unlock the potential of food this #NutritionMonth



Pixabay.com



Help.twitter.com



Flaticon.com

Try This At Home

1. Provide options for healthy snacks at home and on-the-go.
2. Schedule your meals for the week ahead of time to assist in your busy daily schedule.
3. Assign family members “duties” to get everyone involved during meal times. Take turns picking the meal, setting the table, washing dishes, or preparing parts of the meal.



Menshealth.com

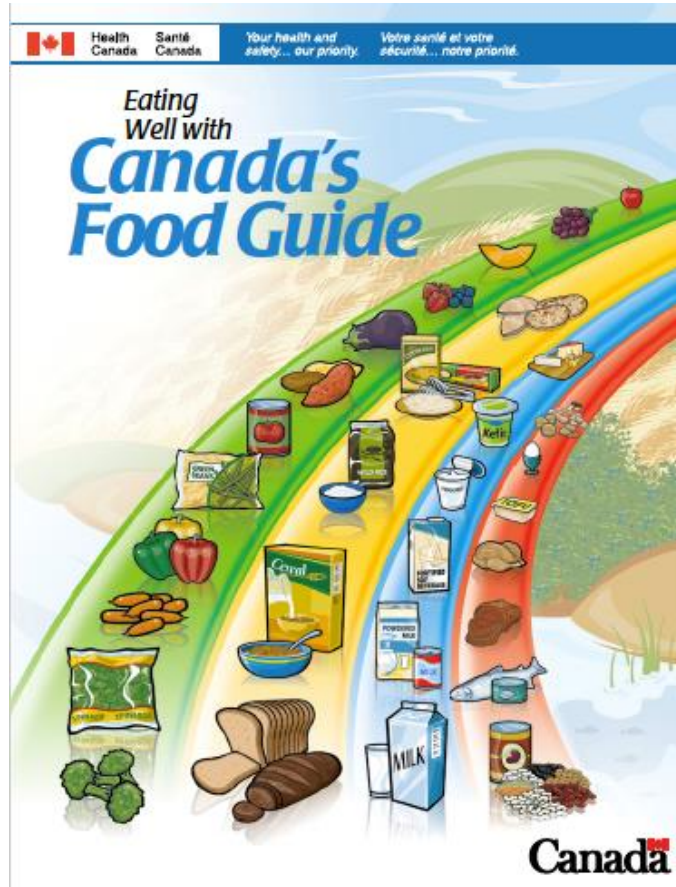
What ARE The Food Groups?

Vegetables and Fruits

- Peas
- Eggplant
- Peppers
- Strawberry
- Banana

Grain Products

- Whole wheat bread
- Pasta
- Rice
- Quinoa
- Pitas or tortillas
- Cereal



Milk and Alternatives

- Yogurt
- Cheese
- Fortified soy milk
- Fresh or powered skim milk

Meat and Alternatives

- Fish
- Beans
- Lentils
- Eggs
- Chicken

Have a Nutrition Question?

Get fast, free answers
from a dietitian.

Call: 1-833-782-7800

OR

Email: info@eatwellsask.ca

**EATING
WELL** for your *health*
just got *easier!*

A FREE SERVICE CONNECTING SASKATCHEWAN
FIRST NATIONS COMMUNITIES TO A REGISTERED DIETITIAN

Until March 29, 2018,
you can ask a registered
dietitian questions
about food, healthy
eating for your family,
budget-friendly meal ideas,
heart health, diabetes
and more—for free!

HOURS

10 a.m. – 4 p.m.
Monday
to Friday



1-833-782-7800

info@eatwellsask.ca