



News Release

Health and Social Services Nunavut New Food Guide

IQALUIT, Nunavut (October 26, 2011) – The Department of Health and Social Services today released the new Nunavut Food Guide at the Legislative Assembly.

“The new food guide places a stronger emphasis on the health benefits of country foods and the importance of sharing country food with children at a young age,” said the Hon. Tagak Curley, Minister of Health and Social Services.

In addition to an emphasis on country food, the new food guide provides details about healthy store-bought foods and a simplified serving size guide.

The Department of Health and Social Services collaborated with health-care professionals, community members and educators to revise the Nunavut Food Guide, while keeping key elements that Nunavummiut will recognize from the previous guide, including the signature ulu shape.

The new food guide is expected to arrive in Nunavut communities by the end of October with training sessions occurring in November for health professionals and educators, who will then share this information with residents.

Nunavummiut can pick up their new Nunavut Food Guide at local health centres starting in November.

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For More Information Contact:

Ron Wassink
Communications Specialist
Department of Health and Social Services
867-975-5710
rwassink@gov.nu.ca

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