



Public Service Announcement

Nutrition Month – March 2015

Start Date: March 4, 2015
End Date: March 31, 2015
Iqaluit, NU

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March is Nutrition Month! Nutrition Month is celebrated across Canada to remind Canadians of the importance of healthy eating and the positive impact nutrition has on our health and well-being.

To celebrate, the Government of Nunavut’s Department of Health is expanding the Core Recipe Project. A new, healthy, community-tested recipe will be released every month from March 2015 to February 2016. The Core Recipe Project is an action item identified in the *Nunavut Food Security Strategy and Action Plan 2014-16*.

Community Health Representatives (CHRs) and wellness program workers will be supporting this initiative in a variety of ways, including cooking and taste-testing activities in their home communities.

In addition to being available in community nutrition programs, core recipes will also be available at local North West Company and Arctic Co-operatives Ltd. stores and online in the resource section of the Department of Health’s Healthy Living website: www.livehealthy.gov.nu.ca.

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