

## **Public Service Announcement**

## Try something new during Nutrition Month!

Start Date: March 1, 2016 End Date: March 31, 2016

Nunavut-wide 45 sec

March is Nutrition Month – it reminds us of the importance of healthy eating, and the positive impact good nutrition has on our health and well-being.

Whether you eat country food or store-bought food, ensure you have lots of variety to get the nutrients you need for good health.

Healthy eating tastes great! This Nutrition Month, Nunavummiut are encouraged to try something new. Keep it interesting: try a new recipe or food, experiment with flavours and cook at home more often.

For healthy and delicious community-tested recipes, click here: www.livehealthy.gov.nu.ca/en/food/recipes.

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