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Building *Nunavut* Together
Nunavut iuuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Nutrition Month: Discover the power of food

Start Date: **March 1, 2018**
End Date: **March 31, 2018**
Iqaluit, NU

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Join the Department of Health in celebrating Nutrition Month! This year, Canadians are encouraged to discover the power of food.

Food has the potential to enhance lives, improve our health by preventing chronic diseases like type 2 diabetes and heart disease, give us energy and bring people together.

Nunavummiut can discover the power of food by:

- preparing country food often;
- eating balanced meals when choosing store-bought foods; and
- making water your main drink.

For more information on healthy eating visit the Government of Nunavut's [Healthy Eating page](#).

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