

Public Service Announcement

Nutrition Month – Let's celebrate healthy eating

Start Date: March 29, 2021 End Date: March 31, 2021

Nunavut-wide 60 sec

March is National Nutrition Month! This year's theme is "Good for You", acknowledging that eating healthy looks different for everyone. What is "Good for You" may not be the same for each person and can depend on nutritional needs based on someone's health, their preferences, and their culture and food traditions.

In Nunavut, food sharing is an important part of eating healthy and Inuit Qaujimajatuqangit. It helps strengthen relationships, creates chances for elders to share knowledge about traditional ways of eating, strengthens feelings of belonging, and gives everyone in the family a chance to be involved.

There are many ways Nunavummiut can support healthy eating:

- Harvesting and preparing food together is a great way to spend time with family and to teach food skills.
- Introducing a variety of country food to children at a young age.
- Eating together with family or friends, which is good for mental health.
- Breastfeeding, which is an important part of building a secure, loving relationship between parents and their baby. From birth to six months of age, babies only need breast milk and vitamin D supplements.
- When buying food at the store, use food labels to compare items and try to limit foods that are high in sodium, sugars, and saturated fat.

For more resources and information on healthy eating, visit <u>livehealthy.gov.nu.ca</u>

Media Contact:

Danarae Sommerville Communications Specialist Department of Health 867-975-5712 dsommerville1@gov.nu.ca