Public Service Announcement

National Nutrition Month 2025 – Let’s celebrate healthy eating!

Start Date: March 10, 2025
End Date: March 31, 2025
Nunavut-wide **100 sec**

March is National Nutrition Month and this year’s theme is **“Nourish to Flourish”**. The Department of Health wants to remind Nunavummiut of the importance of making informed food choices and developing healthy eating habits.

Healthy eating looks different for everyone. The best food choices vary based on individual nutritional needs, health conditions, personal preferences and cultural food traditions. What matters most is finding a balanced approach that supports overall well-being.

In Nunavut, food sharing and eating healthy are important parts of *Inuit Qaujimajatuqangit*. These help to strengthen relationships, support food security, foster a sense of belonging and provide opportunities for Elders to share knowledge about traditional ways of eating while involving the whole family.

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.
- Introduce a variety of country foods to children at a young age.
- Eating together with family or friends is good for mental health and well-being.
- For pregnant individuals, cook all meat, fish, seafood and eggs thoroughly—whether they are from the land or the store.
- For babies from birth to six months, breast milk and vitamin D supplements are all they need.
- 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, which can increase the risk of diabetes and heart disease.

For more resources and information on healthy eating, visit the Live Healthy website.

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