

March is Nutrition Month!

Dietitians in Alberta Health Services and across Canada help translate the science of nutrition into everyday actions and help **bring natural balance to your nutrition!** See below for ideas and links to help your school community celebrate and promote healthy eating this March.



For the classroom

- ✓ Explore cross-curricular lesson plans with your students. [Alberta Health Services](#) and [Dairy Farmers of Canada](#) both have lessons from K - 12.
- ✓ Enjoy reading about food with your students. The [Storybooks For Children](#) reading list is suitable for children Pre - Gr 5.
- ✓ Share a recipe from [cookspiration.com](#) or [food-guide.canada.ca/en/recipes/](#) with your students. Kids would love preparing some of the options in class or at home with their families.

Nutrition Month resources

- ✓ Download or print the Nutrition Month [2024 Calendar](#) or [Kids Calendar](#) which includes ideas for storybooks, activities, cooking with kids and much more!
- ✓ Print off and post the [AHS display](#) or the Nutrition Month [8.5x11" poster](#).
- ✓ Use the Nutrition Month [Social Media Toolkit](#) to choose from pre-made posts to share on your social media, newsletters and/or website.



Public health dietitian support for your school

- ✓ Public health dietitians can provide:
 - nutrition resources
 - professional development
 - consultation and support for school staff for meal programs, foods classes, healthy eating environments, policy development, and more (Download poster pdf [here](#))



Access a Dietitian for individuals and families

- ✓ Share with families that Alberta Health Services dietitians can provide nutrition information one-on-one or in group settings to help Albertans enjoy good health. To find a registered dietitian in your area for free go to [ahs.ca/Nutrition](#).
- ✓ Share our group sessions about feeding infants or “Mealtime Struggles”. To learn more, click [here](#).