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. <u>Alberta Health Services</u> and <u>Dairy Farmers of Canada</u> both have lessons from K - 12.
- ✓ Enjoy reading about food with your students. The <u>Storybooks For Children</u> reading list is suitable for children Pre Gr 5.
- ✓ Share a recipe from <u>cookspiration.com</u> or <u>food-guide.canada.ca/en/recipes/</u> 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 <u>2024 Calendar</u> or <u>Kids</u> <u>Calendar</u> which includes ideas for storybooks, activities, cooking with kids and much more!
- Print off and post the <u>AHS display</u> or the Nutrition Month <u>8.5x11</u>" poster.
- ✓ Use the Nutrition Month <u>Social Media Toolkit</u> 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 <u>here</u>)

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 <u>ahs.ca/Nutrition</u>.
- Share our group sessions about feeding infants or "Mealtime Struggles". To learn more, click <u>here</u>.

ate the science

| Lasting being | Serie Series | Data Case Tranky | Total a | Total Rase Davidge | (191) | Concern Holis |
|--|---|--|---|--|--|--|
| Santan O'ar Marina Mari | | | a de se la deservation | A Contractor | Country Volume provide the same and, Radional Social Station | And |
| | Kala Institut C.a. montes angel man te montes your tell montes your tell montes and | 60 | Yar and one Are an area | Parter Contin Contraction of our sector for a strength of sector for a strength of sector for a strength of sector for a strength of | Teatro cont obligation and the state and the state and the | 7 |
| | BINGO | 12 microscopegnecies marchine paperse marchine bactrate | 23 Provident for basis full-section Finite to be basis units or constitut | An and a second | 15 The second s | Veranter - |
| 17 Considerer II State Construction State Construction State Construction State Construction State Construction State Construction State State State State State State State State State State State S | | 19 20 Constant States of S | 1000 C | 21 Second Second Second Second Second Second Second Second | * () http:// | 23 ratio for ratio and material |
| the for | ALL | Larve advances of | Very house the | All seamonthing | | |



