

Nutrition Month™ Bonanza (March only)

Please note: Since this topic is covered only once a year, the suggested activities for both Education and Awareness Raising and Skill Building are combined.

Purpose

To learn about healthy eating as it relates to the Nutrition Month™ theme (which is different each year)

Intended Audience

All employees

Suggested Activities

- Find out the month's theme by logging on www.dietitians.ca/eatwell and selecting Nutrition Month™. Get activity and event ideas as well as information about resources that may be ordered (Note: Ordering should be done no later than January.)
- Place appropriate resources on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
- Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
- Arrange educational sessions on the theme to be led by a dietitian.
- Provide information on Nutrition Month™ theme on the intranet and/or in newsletters.
- Encourage employees to log on to www.dietitians.ca/eatwell to get information for themselves on the Nutrition Month™ theme, to try the nutrition challenges (quizzes, crossword puzzles, scavenger hunt), and to learn about healthy eating by using the interactive tools (Virtual Grocery Store, Virtual Kitchen, One Day @ a Time, and Let's Make a Meal).

Materials

- Diversity Checklist
- Posters, fact sheets, booklets, and other items related to theme
(These resources may be ordered from www.dietitians.ca/eatwell.
Allow two to four weeks for delivery.)
- How to Access a Dietitian in Nova Scotia
(See Additional Resources, p. 244)
- *Healthy Eating in the Workplace Action Plan Worksheet*
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*
(See Additional Resources, p. 225)