

Public Service Announcement

Nutrition Month – Let's celebrate healthy eating!

Start Date: March 14, 2022 End Date: March 31, 2022

Nunavut-wide 60 sec

March is National Nutrition Month. Eating healthy looks different for everyone. Making healthy choices may not be the same for everyone and can depend on nutritional needs based on someone's health, personal preferences, culture and food traditions.

In Nunavut, food sharing is an important part of Inuit Qaujimajatuqangit and eating healthy. It helps strengthen relationships, creates chances for Elders to share knowledge about traditional ways of eating, improves food security, 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 foods to children at a young age.
- Eating together with family or friends, which is good for mental health.
- 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 livehealthy.gov.nu.ca

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