



NutritionMonth2021.ca

NUTRITION MONTH in MARCH

during COVID-19 times



With everything happening in the world, life has become stressful and nutrition might have taken a back seat. Let **Nutrition Month** inspire you and your family to find your healthy again. Making healthy food choices means eating the foods you enjoy in a way that fits in with your culture and family traditions and fuels the body with energy and vital nutrients. Here are some quick tips for parents and students to bring back your inner chef! Visit whatyoueat.ca for inspiration!

Struggling to make good choices?

DON'T GET HANGRY!

- Help satiate yourself by eating *balanced* meals and snacks: always include **protein, whole grains** and **fruits and veggies**. Try these nutritious pairings:
 - Hardboiled eggs + avocado toast
 - Veggies + hummus + crackers
 - Nut butter + jelly + whole wheat bread
 - Pita pizza: whole wheat pita + sauce + cheese
- Eat at regular intervals and **avoid skipping meals**.
- Be **mindful** about eating – consider if you are physically hungry or trying to satisfy an emotional need (like stress or boredom).

Click on [Recipe Book](#) for more ideas for the whole family!



Go to [Create My Healthy Plate](#) for tasty ideas



Find your Healthy!

Healthy eating is not the same for everyone! Learn to change up your recipes to meet the nutrient needs of you and your family. Eat in a way that works for everyone. Learn more at [Find Your healthy](#)

Keeping Food Traditions

Culture and food traditions can be part of healthy eating. Choose nutrient-dense foods that fit into your culture and traditions! Learn more at [Keeping Food Traditions](#)

Managing Food and Stress

Stress can really impact your food choices, eating habits and appetite. Important to find a balance and develop proper lifestyle strategies and eating habits to help manage your stress. Learn more at [Stress and Food](#)



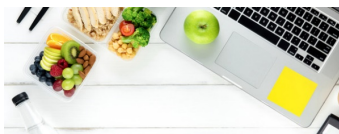
Healthy Swaps

- Craving chips? → Try air-popped popcorn
- Craving cookies? → Try apple slices with nut butter and chocolate chips
- Craving soda? → Try fruit-infused water or tea
- Craving candy? → Try frozen grapes or frozen mango



Your Work Space

- Set up a designated work space outside the kitchen to minimize the opportunity for grazing.
- Make sure to stay hydrated: keep a glass of water with you as you work.
- Take an **actual** lunch break, away from the computer.



Menu Planning

- **Weekly lunch calendar:** involve kids in menu planning over the weekend to encourage their appreciation of their healthy meals and snacks. Learn more at [Get Kids Cooking](#)
- Cook a big-batch dinner to have leftovers for lunch the next day.
- Stock up on long-lasting foods (frozen produce, canned beans and fish, eggs, nuts and seeds, whole grains). Learn more at [Meal Planning](#) and [Shop on a Budget](#)



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

