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Building *Nunavut* Together  
*Nunavut* iuqatigiingniq  
Bâtir le *Nunavut* ensemble

# Public Service Announcement

## Nutrition Month – Let’s celebrate healthy eating

**Start Date: March 6, 2020**  
**End Date: March 31, 2020**  
**Nunavut-wide**

**75 sec**

March is National Nutrition Month! This year’s theme is “more than food”, reminding us that eating healthy is about more than just the foods we eat. It is also about where, when, why and how we eat.

Food sharing is an important part of eating healthy and Inuit Qaujimagatuqangit: it helps strengthen relationships, creates chances for elders to share knowledge about traditional ways of eating, 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 food to children at a young age.
- Eating together with family or friends, which is good for mental health.
- Breastfeeding, which is an important part of building a secure, loving relationship between parents and their baby. 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  
<https://livehealthy.gov.nu.ca/en/healthy-eating>.

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