

Public Service Announcement

Nutrition Month – Let's celebrate healthy foods

Start Date: March 4, 2019 End Date: March 31, 2019

Iqaluit, NU 45 sec

March is Nutrition Month! Across Canada, communities are planning activities to celebrate the benefits of healthy eating.

Parents can affect a child's eating habit positively by being role models. Parents should include children when preparing healthy foods. Nunavummiut do this through the Inuit Societal Value of Pilimmaksarniq/Pijariuqharniq; building skills through observation, mentoring, practice and effort.

Nunavummiut are reminded that:

- Home-cooked food can be healthier and cost less than buying ready-made meals.
- Adding country food, like seal, to meals makes them healthier for the whole family.
- Eating together with family or friends is healthy for everyone.

To learn more about cooking with healthy foods, visit: http://livehealthy.gov.nu.ca/en/food-0

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Media Contact:

Sara Arsenault Communications Specialist Department of Health 867-975-5949 sarsenault@gov.nu.ca

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