

Nutrition Month 2020 - More than Food

March is Nutrition Month and this year, local dietitians are talking about how healthy eating is about so much *More than Food!* Consider not only what you eat, but how you eat too. This includes being mindful of eating habits, cooking more often, enjoying food and eating meals with others.

Get involved with the **Colouring & Video Contests**. Children can “Show us your Mealtime” by drawing a picture or making a TikTok video of who you eat with, where you eat, how you enjoy food and cooking or how you connect with others over a meal. Submit for a chance to win a basket of fun cooking supplies or gift cards!

Follow us on social media for **Dinner Conversation Starters** – questions you can ask your family to get more than a one-word answer and start a lively discussion at your next meal!

This Nutrition Month, let’s celebrate how healthy eating is about more than just the foods we eat!

For more information, including contest details, visit www.tbdhu.com/NutritionMonth



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