Media Release

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Celebrate Nutrition Month with More Than Food

Healthy eating is not merely what we eat; healthy eating is much More Than Food! Celebrating Nutrition Month, dietitians are bringing awareness to the importance of how, when, why and where we eat.

The 2020 Nutrition Month campaign emphasizes the activities associated with healthy eating outlined in the new Canada’s Food Guide https://food-guide.canada.ca/. Being mindful of your eating habits, cooking more often, enjoying your food and eating meals with others are some of the keys to a more nutritious lifestyle.

Throughout March, join the conversation on Grey Bruce Health Unit’s Facebook and Twitter and share helpful resources on healthy eating. To learn more about Nutrition Month, visit the Public Health website or contact a local public health dietitian.

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