



Nutrition Month Elementary School Announcements

Check off what you've read	Nutrition Month™ Sample Announcements
	March is Nutrition Month! Each day in March we will be reading a food fact provided by Nourish Nova Scotia. Follow along as we learn more about “unlocking” the potential of food.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... To grow food, we need land that we take care of together. The land we are on today is the ancestral home of the Mi'kmaq (Meeg-mah) people - the original caretakers who have cared for this land for generations.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Does food matter to you? Did you know that you can send a postcard to your local Member of Parliament for free, telling them your thoughts about food in Canada?
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Eating together is good for your brain and body. Eat a meal with family or friends this week to build connection to your food and each other.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Eating colourful fruits and vegetables is a great way to get the nutrition you need to learn and grow. See how many colours you can get on your plate today!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Cooking with others is a great way to share food skills, culture and joy!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... The foods we eat are part of what makes us unique and all foods deserve respect.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Every person is unique and comes in their own shape and size - so let's celebrate our differences today!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Fresh vegetables and fruits are a great way to start the day but did you know most people in Canada don't get enough?
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Everyone has the right to a breakfast that fuels their brain and body. Our breakfast program is open to all students—drop by tomorrow!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Our school is home to many different food traditions. Trying a new recipe is a great way to learn about different cultures and connect with your peers.

	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Food is a way to show we care about others. Ask if you can sign up to volunteer with your breakfast program today!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Take care of the Earth by composting your food scraps. This will turn into healthy soil to grow more nutritious food!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Food doesn't just come from the land—it also comes from oceans and lakes. Joining a beach clean-up this month can help keep underwater creatures safe and healthy.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Food is more than fuel—it connects us all. Try to connect with someone new this month over food by trying a new recipe together.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Preparing food takes a lot of work. Let's celebrate those that make or serve our food!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Think back on all the nutrition tips you've learned this month. What will you carry forward into the rest of the year?