



## Nutrition Month™ Junior/Senior High 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. The land we are on today is part of Mi'kma'ki (Meeg-Mah-Gee) the ancestral home of the Mi'kmaq (Meeg-mah) who have taken care of these lands and waters for many generations.     |
|                            | Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Would you consider yourself a food leader? 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 ... Sharing a meal with others is good for mental and physical health. Turn off your TV, phones, computers and any other distractions and enjoy a meal with your family or friends this week.                     |
|                            | 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. Participating in a beach clean-up will help keep trash and plastic from harming underwater life and those who eat fish and seafood. |
|                            | 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 ... Sharing food is a way to show we care about others. Learn more about your school food programs today or sign up to volunteer!   |
|                            | Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Food is more than fuel—it is a way to connect and share with others. 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 ... Growing your own food is fun and rewarding. It can be as easy as growing herbs on a windowsill, tomatoes in a container, or planting a row of carrots in the ground.  |

|  |   |
|--|---|
|  | Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Youth voices are crucial to create a more fair and healthy food future. Get inspired to take action in your school by joining (or starting) a school food committee. |
|  | Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Make your meals more mindful by avoiding distractions and slowing down how fast you eat. This helps you enjoy and value each bite and realize when you're full.      |
|  | Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Put on your critical thinking cap when reading about food and nutrition online. If the information seems too good to be true, it probably is!                        |
|  | Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Don't forget to be kind to those making or serving your food and stay curious about where your food comes from and who is involved in producing it.                  |
|  | 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?   |