



Nutrition Month™ Social Media Posts

How to: Copy and paste the text below to your social media to spark some ideas this month.

Tip: Tag schools or teachers directly so they don't miss your great post!

Note: These posts were designed for Twitter but are also suitable for Facebook and Instagram.

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March is #NutritionMonth - a time for learning about food and health. This year @NourishNS is celebrating youth as food leaders. Share how learners in your school celebrate and learn through food. #NSSchoolEats

Great Big Crunch is a national campaign where thousands of participants crunch down on apples to make some noise in support of healthy school food.

<https://www.healthyschoolfood.ca/great-big-crunch> @NourishNS #NutritionMonth  
#NSSchoolEats #SpeakUpForSchoolFood

Is your school participating in Great Big Crunch this year? If you're a teacher looking for ways to integrate the activity into your lesson plans look no further than this classroom activity guide!

<https://nourishns.ca/nutrmonthgbc> @NourishNS @FoodShareTO #NutritionMonth  
#NSSchoolEats

Did you know @NourishNS has free downloadable veggie and fruit puns? Use them to create stickers or buttons throughout #NutritionMonth to get kids excited about healthy food!

<https://nourishns.ca/food-lit-resources-activities> #NSSchoolEats

Inspire excitement and interest in different fruits and vegetables with this colouring book!

Students can colour along during conversations about what each produce item looks like, tastes like, and where it comes from. <https://bit.ly/3JrpWyz> @NourishNS #NutritionMonth

#NSSchoolEats

Looking to jumpstart your learners' food skills during #NutritionMonth? Take a look at our

*Recipes for Learning* series, which has tested recipes that can easily be done in a classroom setting: <https://www.youtube.com/watch?v=JEqhSE3eD6M> @NourishNS #NSSchoolEats