

# Nutrition Month™ Bonanza (March only)

*Please note: Since this topic is covered only once a year, the suggested activities for both Education and Awareness Raising and Skill Building are combined.*

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## **Purpose**

To learn about healthy eating as it relates to the Nutrition Month™ theme (which is different each year)

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## **Intended Audience**

All employees

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## **Suggested Activities**

- Find out the month's theme by logging on [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) and selecting Nutrition Month™. Get activity and event ideas as well as information about resources that may be ordered (Note: Ordering should be done no later than January.)
- Place appropriate resources on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
- Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
- Arrange educational sessions on the theme to be led by a dietitian.
- Provide information on Nutrition Month™ theme on the intranet and/or in newsletters.
- Encourage employees to log on to [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) to get information for themselves on the Nutrition Month™ theme, to try the nutrition challenges (quizzes, crossword puzzles, scavenger hunt), and to learn about healthy eating by using the interactive tools (Virtual Grocery Store, Virtual Kitchen, One Day @ a Time, and Let's Make a Meal).

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## Materials

- Diversity Checklist
- Posters, fact sheets, booklets, and other items related to theme  
(These resources may be ordered from [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).  
Allow two to four weeks for delivery.)
- How to Access a Dietitian in Nova Scotia  
(See Additional Resources, p. 244)
- *Healthy Eating in the Workplace Action Plan Worksheet*  
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*  
(See Additional Resources, p. 225)