



Emotional Wellbeing Toolkit

Keep Active at Work

Being active at work can help you be more productive and lower stress. Learn more about how much physical activity you need and how to get active at work.

Say Goodbye to Picky Eating!

Try these simple tips to help your child—of any age—build healthier eating habits and make family meals more enjoyable for everyone.

Quick and Healthy Snack Ideas

Feeling hungry between meals? Try these quick and easy snack ideas to stay energized and satisfied throughout the day.

Looking for more Nutrition Month content?

[Nutrition Month's General Toolkit](#)

[Social Media Toolkit](#)

[Nourish to Flourish Posters](#)


[Nutrition Month's Planning Guide](#)



CANADIAN FLAVOURS: EXPLORING CANADIAN CUISINE FROM THE 1940S TO THE 2020S

 Date: March 26, 2025

 Time: 1:00 PM ET

 Location: Virtual (via Zoom)