



Mental Wellbeing Toolkit

Healthy Habits to Cope with Stress

Stress affects appetite differently for everyone, but learning healthy coping strategies can help you manage it effectively.

Autism and Nutrition

Explore current research on diets and supplements that may help manage autism symptoms.

Commonly Asked Questions About ADHD and Nutrition

ADHD affects many children, and this post explores common questions about its connection to nutrition.

Looking for more Nutrition Month content?

Nutrition Month's General Toolkit

Social Media Toolkit

Nourish to Flourish Posters

Nutrition Month's Planning Guide

DIETITIANS DAY ADVOCACY TRAINING

 Date: March 19, 2025

 Time: 12:00 PM ET

 Location: Virtual (via Zoom)

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

 Date: March 26, 2025

 Time: 1:00 PM ET

 Location: Virtual (via Zoom)

Thank you to our sponsor:



Happy Nutrition Month!

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