



Sociological Wellbeing Toolkit

Overcoming Workplace Healthy Eating Challenges

Eating well at work helps you stay energized, focused, and supports your overall health. Try these simple solutions to overcome common challenges so you can fuel your workday the nutritious way.

10 Tips for Planning Meals on a Budget

Want to save money on your food bill without compromising nutrition? Start by planning your meals for the days or week ahead—it takes a little time but can help you spend less and eat well.

Tips On Reducing Food Waste At Home

Learn how to plan your meals, store your food and use leftovers to get the most out of your meal budget.

Nutrition Tips for Shift Workers

Working shifts can make healthy eating a challenge. Try these practical tips to help you stay nourished and energized throughout your workday.

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)