



Unlock the Potential of Food

Ingredients for a Healthier Tomorrow



Dietitians are acting on the ingredients needed to create a healthier tomorrow with you, your community and the planet. #YourFutureIsHealthy #NutritionMonth

About this guide

Join dietitians from across the country in celebrating the **40th Nutrition Month!**

Learn more about the history of Nutrition Month and how it has evolved [here](#).

This guide provides background on the Nutrition Month 2022 campaign theme as well as ideas for activities, suggested resources, and story ideas for newsletters, social media, presentations, articles, local media, and more!

Remember to use the [#NutritionMonth](#) and [#YourFutureIsHealthy](#) hashtags and tag [@DietitiansCAN](#) on all your content so that Canadians can follow the great work dietitians are involved in across the country! Direct your followers to [NutritionMonth2022.ca](#) for more information.

Find graphics sized for use on websites, email signatures and social media banners at [NutritionMonth2022.ca](#). If you are planning a media segment or column for your local newspaper, contact media@dietitians.ca for suggested key messages and additional information.

Don't forget to share the free, downloadable **Nutrition Month 2022 Recipe e-book** containing 15 recipes hand-picked by dietitians from across Canada, available from [NutritionMonth2022.ca](#).

If you want to work with or feature a dietitian in your Nutrition Month activities but don't know how to get in touch, check out the Find a Dietitian database from Dietitians of Canada at www.dietitians.ca/find.

If you use or adapt Nutrition Month materials, please add this reference note:

Adapted from the Dietitians of Canada's Nutrition Month materials. Find more information about Nutrition Month at [NutritionMonth2022.ca](#).

Questions? Email nutritionmonth@dietitians.ca



MEDIA EMBARGO

Hold until February 23, 2022

Nutrition Month materials are made available in advance to help members of Dietitians of Canada and others prepare activities in their communities. If you are planning to submit a story to your local newspaper or media outlet, we request that the publication date is not before February 23, 2022.

Questions? Email nutritionmonth@dietitians.ca

Your cooperation helps us ensure the maximum reach and impact of stories featuring dietitians!

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Key Dates for the 2022 Nutrition Month Campaign

February 23: Public Relations Campaign launch

March 1: First Day of Nutrition Month

March 16: Dietitians Day

Find all the resources to support your Nutrition Month activities at NutritionMonth2022.ca.

In celebration of Dietitians Day, Dietitians of Canada is offering free Learning on Demand presentations for the month of March.

To access, visit [Learning on Demand](#) and search by the category, 'free', to find all the presentations that are being offered for free to DC members for Nutrition Month 2022.

Acknowledgements

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The content, planning and execution of Nutrition Month is protected by Dietitians of Canada's Guidelines and Principles for Private Sector Relationships. [The Nutrition Month Sponsor Prospectus](#) is available on the Dietitians of Canada website.

Introduction

For forty years, Dietitians of Canada has promoted Nutrition Month as a way to have meaningful conversations about food and nutrition issues that matter to Canadians, as well as to showcase the skills and expertise of dietitians. Nutrition Month themes have covered a range of key topics, with the most recent theme in 2021 Good For You, showcasing how dietitians support their clients and communities to make food choices that are good for them *today* - considering their individual needs, goals, culture, medical history - to give them personalized and relevant nutrition support.

This year's theme focuses on how dietitians are using their skills and expertise to create change for tomorrow. Food security, food literacy, food sovereignty, sustainable food choices, nutrition care and prevention...these are all ingredients in a sustainable food system in which dietitians across Canada play an active and often leadership role. So, this Nutrition Month, let's showcase how the actions dietitians are taking **today** lead to a healthier **tomorrow** for individuals, communities, and the planet!

Celebrate our 40th Nutrition Month this Dietitians Day by watching free Learning on Demand presentations all month.

To access, visit [Learning on Demand](#) and search by the category, 'free', to find all the presentations that are being offered for free to DC members for Nutrition Month 2022.



Why this theme?

We heard from dietitians across Canada that influencing sustainable food choices and creating food systems which not only consider the health of individuals, but the greater community and planet, was important to them. While the sustainability movement has been growing in Canada and across the world, dietitians have been influencing and leading change for a long time towards creating a more sustainable food system.

“Dietitians are well-positioned in food systems to leverage change and are already working in diverse practice areas to advance sustainable food systems and diets in their organizations and communities.”¹

Sustainable Food Systems

We know that food systems are complex and nonlinear.¹ Food systems include not just the elements required to produce and distribute food, they encompass the greater social, economic and environmental outcomes derived from these activities.² [Sustainable food systems](#) take this into account by ensuring the outcomes of these activities deliver food and nutrition security today and tomorrow, supporting future generations.²

What do sustainable food systems in Canada look like?³

- They steward and enhance ecosystems, and respect the needs of other species in those ecosystems.
- Are sovereign and self-sufficient while supporting other nations' food sovereignty.
- They support food literacy.
- They support equitable and just access to food for all Canadians in a way that is empowering, inclusive, dignifying and respectful.
- They support a healthy relationship with food, such that Canadians value food, its origin and quality, and express identity and culture through foods.

Moving towards a sustainable food system requires a [systems approach](#) which considers the interrelated and complex factors at play, and that no domain works in isolation.¹ Dietitians utilize skills like collaboration, assessment, evidence-informed decision making, reflection, and continuous learning, which help them navigate these complex systems to influence change.

Through their day to day work, dietitians are taking action and influencing change across many parts of the food system to create a healthier more sustainable future. Dietitians work at all levels of the food system, including:

- **Individual level:** For example, a dietitian providing guidance to their clients/patients on eating healthier and reducing processed foods, a dietitian dispelling

myths in the media, or a dietitian helping their client/patient navigate the health system.

- **Community & organizational level:** For example, a dietitian working to improve long-term care and hospital menus to add cultural/traditional foods and reduce food waste, a dietitian providing food skills workshops or diabetes prevention programs, or a dietitian mapping food assets and food security rates in their community.
- **Systemic level:** For example, a dietitian advocating for basic income, a dietitian conducting research, or a dietitian working on nutrition labelling policies.

Bridget King, RD, MSc & Cayla Runka, RD are the co-chairs of the [Sustainable Food Systems Network](#) at Dietitians of Canada. They provide insight into how dietitians can influence change in the food system towards sustainability.

“The interconnectivity of food, public health and the environment make sustainable food systems important to all Canadians. Dietitians recognize we must find a way to nourish all Canadians while reducing the cost to the environment in the process. Whether it is in advocacy, education, menu development, shaping household access to food or through dietary guidance, dietitians are uniquely positioned to forward sustainable food systems. Our natural instinct to work with cross functional teams and collaborate with those interdisciplinary players in food production, put us in many places along the food system to encourage meaningful dialogue and thoughtful processes.

Dietitians are educating and advocating for policies and services that allow equitable access to health and sustainable food for everyone. For example, dietitians are participating in professional development to advance our knowledge and skills in systems-based thinking, we are working with partners to ensure fundamental changes in institutional purchasing, and working with organizations from across the food system to lay the groundwork for ecological and resilient agricultural systems that produce food that aligns with nutrition recommendations.”

Learn more

Don't forget to check out the Dietitians of Canada paper on the [Role of Dietitians in Sustainable Food Systems and Sustainable Diets](#) by Carlsson L, Seed B & Yeudall F (2020) for more insights like these.

Ingredients for a Healthier Tomorrow

Through dietitian stories, this guide provides a window into the day to day work of dietitians as they influence change across key ingredients within a sustainable food system. From **food security** to **food literacy** and **food sovereignty**, to **sustainable food choices**, and **nutrition care and prevention**, dietitians from across Canada are doing their part in creating a healthier tomorrow. Use these stories as inspiration for your own Nutrition Month

story to come to life. Each section will also point you to key resources where you can learn more about that ingredient, as well as ideas to get you started as you plan your own Nutrition Month activities.

New this year! Don't forget to check out the [Nutrition Month Planning Tool](#) found at the end of this guide.



Ingredients for a Healthier Tomorrow: Food Security

Dietitians recognize the significant effect that poverty and [food insecurity](#) have on health and consider the food security status of their clients when providing advice and support, while advocating for systems-level change.

Irena Forbes, RD & Karen Giesbrecht, RD are the co-chairs of the Household Food Insecurity (HFI) Network at Dietitians of Canada. They share their thoughts on how dietitians can create a healthier tomorrow through food security.

“Pre-pandemic, an estimated one in eight Canadians (12.8%) were food insecure⁴, meaning they did not have the income to purchase enough food to stave off hunger, or follow nutrition recommendations, let alone make special food for a celebration, or host friends for a meal. It will be some time before we know the full impact of COVID-19, but we now think it is closer to one in seven Canadians (14%) who struggle with the financial ability to access food.⁵

While the pandemic has been hard on everyone, the risks and challenges increased significantly for people experiencing poverty. We also see the opportunity to collaborate as a dietitian profession with community partners and with people and communities with lived experience of poverty.

We can all start by recognizing those experiencing HFI and the resilience that comes from that hardship. Choose language that supports, rather than making assumptions or shaming those who cannot nourish themselves or their families. Whether dietitians work in a clinical setting, the community, food industry, or media, we can all address food insecurity and the gaps in our health, food, social, and economic systems to create a healthier tomorrow.

Dietitians can support this work in their professional and personal lives through actions such as:

- Learning about your community - what are the needs and supports available? Is HFI regularly monitored?
- Learning about and advocating for out of the box strategies to support sufficient income to address HFI, such as liaising on tax resources, and providing transportation and childcare for public consultations or post admission appointments.
- Supporting indigenous led initiatives to address and determine root cause of HFI in indigenous communities.
- Being grateful for every meal you enjoy and reflecting on how you can address inequities.”

Learn more

Check out these resources for more information:

- **Background Paper:** [Prevalence, Severity and Impact of Household Food Insecurity: A Serious Public Health Issue](#) by Dietitians of Canada (2016)
- **Learning on Demand:** [Household Food Insecurity: How Should Dietitians Respond?](#) by D. Abercrombie, MPH, RD & D. Barker, MA, RD (2019)
- **Toolkit:** [Influence and Impact: A Toolkit for Dietitians](#) by Dietitians of Canada (2020)

Activity Ideas #NutritionMonth

Bring this ingredient to life by:

- On your own or with colleagues, learning about the realities of HFI in Canada, and what addresses income and dignified food access. Start with these [PROOF Factsheets](#). Consider joining the DC [Household Food Insecurity Network](#). Share your findings on traditional and/or social media and with colleagues.
- Talking about the problem of food insecurity at your next meeting, rounds, the dinner table or at social gatherings.
- Learning how HFI is monitored in your community, and if it is not consistently tracked (which it often isn't), contact your local government officials to encourage regular monitoring.
- Checking to see if anyone with lived experience of HFI has been invited to share their experience and be a part of decision making at your project planning committee(s), forums, and community events. If not, finding a way to make space for their perspective.

Dietitian Stories



Julie Stephenson, RD is a dietitian with Surrey Schools in British Columbia. She shares her insights into implementing a successful breakfast and lunch program for students, including helpful tips and tricks.

Why are student nutrition programs important?

It's a well-researched but not widely known fact that children who don't have enough to eat struggle to concentrate at school, may be absent from school more often, and may have more health problems than their peers.⁶ That's where the Surrey School District's Breakfast Clubs and Lunch Programs come in. These programs provide simple nutritious meals so that students can concentrate on learning.

Over the years, I've met people in the workplace who as children depended on the Surrey School Meal Programs. They speak about how much they appreciated that they had food to eat at school and what a difference it made in their lives. This is important work, and I'm glad to be a part of it.

How do you choose recipes for the breakfast and lunch program?

The students at each Breakfast Club make suggestions about what they'd like to have for breakfast. Our menus offer nutritious choices - at least two protein choices, two

fruit and/or vegetable choices, cereal with milk, and toast. By serving these choices as a "reverse buffet" with the protein foods first and the toast last, the children have the choice of eating a wider variety of foods (not just toast) before their plates get too full. We keep the menus very simple so that the students might be able to make these foods at home as they grow up. Scrambled eggs with melted cheese is about as fancy as it gets; and a peeled boiled egg cut in two with ketchup smiley faces is a winner too.

Since the pandemic arrived, we wear our masks to serve students, and have added extra tables so that we all can maintain physical distance without thinking too much about it. Each student chooses what and how much they'd like to eat, and we serve it to them. They pick up their food and tumbler of milk from the end of the serving table and take it to their seat. Seconds are always available.

For the Lunch Program's broader menu, we've done the work to make food fit the BC school nutrition guidelines and still taste good. For example, we serve baked chicken strips (not fried) and ensure that the muffins are low in fat, sugar and sodium. We also work hard to be sure that meals are on time so that students don't need to worry about whether there will be food to eat, and more food is always available (if they want to eat it). We have students test proposed new items, gather feedback from School Meal Program staff, and meet regularly with our caterer to fine tune the menu.

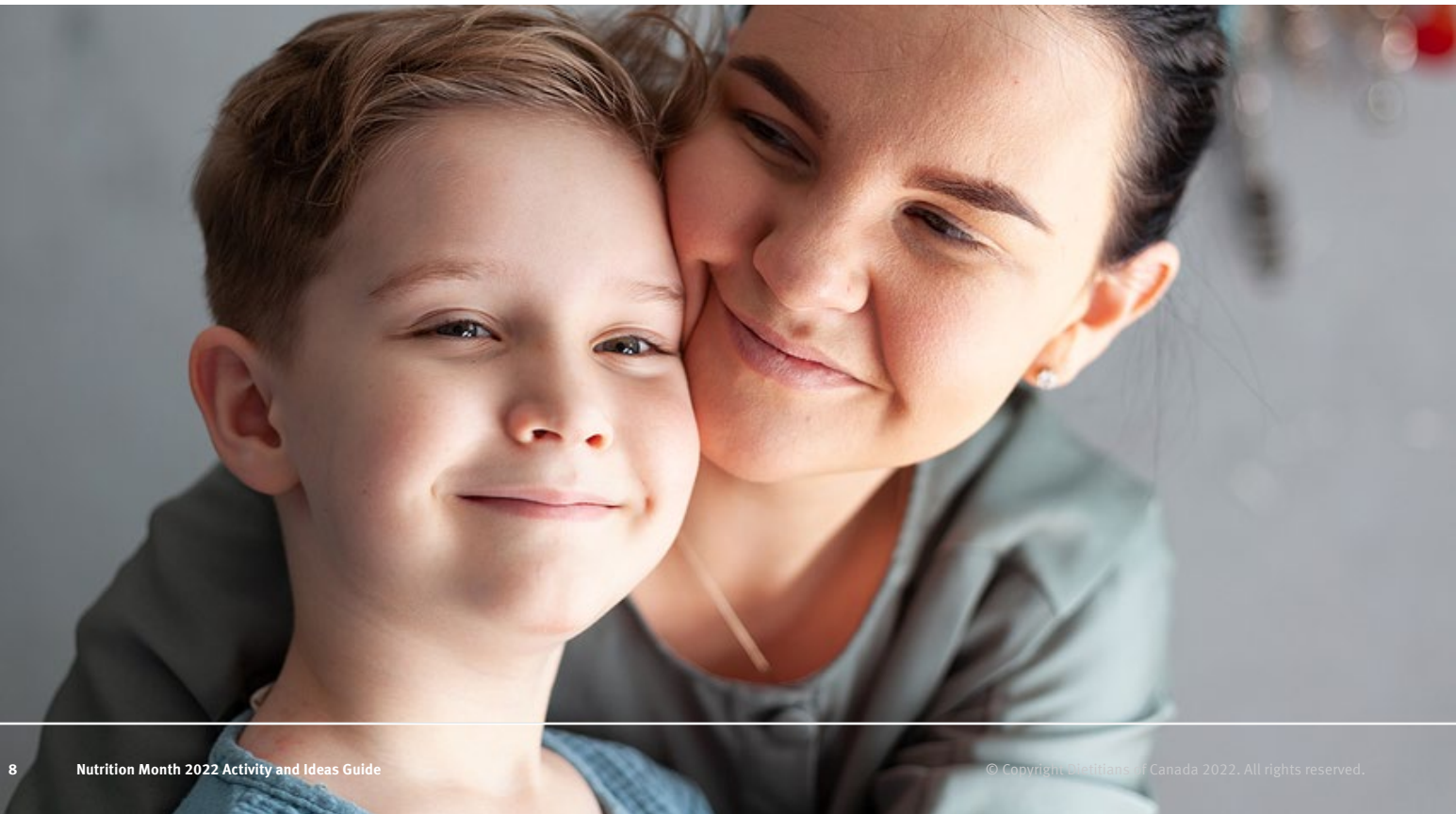
Can you explain why role modeling is an important component of programs?

Breakfast Clubs and Lunch Programs provide a special opportunity to teach students about eating a variety of good food everyday by example. For many of these children, there may not be much food to eat at home and little variety. Early on, we noticed that we could encourage good food choices by choosing our words carefully. For example, “How many apple slices would you like?” is a better question than “Do you want apple slices?” because it assumes that the student would like some apple slices.

We feed them and broaden their horizons at the same time. I’m grateful that the parents, teachers, and principals all support feeding children well.

Resources recommended by Julie:

- [Practice-based Evidence in Nutrition \(PEN\): School Health: Summary of Recommendations and Evidence](#)
- [The Ellyn Satter Institute](#)





Ingredients for a Healthier Tomorrow:

Food Literacy

Dietitians help people make food decisions that are right for them by communicating trustworthy nutrition information, building confidence in their food skills, and addressing the external influences that impact people's food decisions.

Increasing [food literacy](#) is a key way dietitians are helping their clients and communities live a healthier tomorrow. Dietitians recognize that simply having the knowledge to

make more nutritious food choices doesn't always result in better outcomes. This is why dietitians also value the importance of developing food skills with their clients and communities, building confidence and self-efficacy in food decision-making, increasing the awareness of where food comes from, and considering the external factors (like the food system, culture, norms and social determinants of health) that influence eating behaviours.⁷

Learn more

Check out these resources for more information:

- **Practice-based Evidence in Nutrition (PEN):**

- [Food Skills: Summary of Recommendations and Evidence \(2021\)](#)
- [Food Skills: Related Tools and Websites \(2020\)](#)

- **Reports by Nutrition Connections:**

- [Effective Education Strategies to Increase Food and Nutrition Knowledge in Children and Youth \(2019\)](#)
- [Effective Approaches to Increase Food Skills in Children, Youth, and their Parents \(2019\)](#)

- **Journal article:** Fernandez, Melissa & Schofield, Eric & Perry, Elsie & Slater, Joyce. (2020). [Food Literacy: Four Initiatives in Canada](#). *Food Studies: An Interdisciplinary Journal*. 10. 43-60. 10.18848/2160-1933/CGP/v10i01/43-60.

Activity Ideas #NutritionMonth

Bring this ingredient to life by:

- Sharing a video of you preparing one of the [Nutrition Month recipes](#) on your blog/social media.
- Hosting a food skill-building workshop at your workplace, local community centre, school or daycare (e.g., on label reading, reducing food waste, batch cooking, etc.).
- Advocating for the importance of food literacy and sustainable food systems curriculum in schools – write letters, articles, op-eds, social media posts.
- Organizing a virtual cooking class - use one of the dietitian contributed recipes from the [Nutrition Month Recipe e-book](#).
- Creating plant-forward recipes featuring your own culture and food traditions. Share on social media, websites, blogs, at work, etc.

Dietitian Stories



Anar Allidina, MPH, RD is a consulting dietitian in Toronto, Ontario. She shares her experiences of helping her community tackle food waste and provides tips for getting started.

What food skills do you consider important for creating a healthier future for your clients and community?

Meal planning is a very important skill. Not only does meal planning help you eat healthier, it helps reduce food waste and saves you time in the kitchen. Meal planning encourages you to prioritize key nutrients such as protein, fibre, and vitamins that we need for good health. It also helps with getting creative with leftovers so there is less food waste - and you can be more strategic when you go food shopping. Meal planning doesn't have to be elaborate; it could include boiling some eggs or prepping greens/chopping vegetables to have on hand for the week.

Why was it important for you to tackle the issue of food waste in your community?

Our community, the Jaffari Islamic Centre, hosts dinner during the Holy month of Ramadan. During some nights the turnout can be as high as 3000 people and the amount of food waste and Styrofoam plates, cups and plastic cutlery collected after each night was alarming. In 2013, one night after a Ramadan dinner, a few women decided that something needed to be done with the amount of garbage collected.

What made the food waste initiative successful?

This initiative started small and has snowballed into an amazing system that has been recognized by other faiths and institutions - our centre was even awarded by York Region, recognized by professors at the University of Toronto, and made headlines in the Toronto Star.

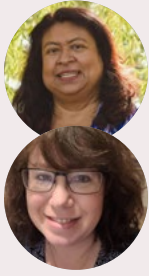
It was an uphill battle - having people change their behaviour was not easy. It started by switching to steel plates and having volunteers collect them, scrape the leftovers into compost bins, and then wash the dishes. After a while, eco tables were set up so that each person was encouraged to bring their own plates and scrape their own food into the compost bin. This change alone was a major eye opener for everyone to see how much food was being wasted. It even helped people reduce their servings to avoid waste. Garbage bags were drastically reduced from 16 bags to 3, and compost bins were also reduced. This change was a major motivator to continue tackling food waste. No longer are the eco tables just for the month of Ramadan, they are used at wedding functions, meetings, and other programs where food is being served. The waste reduction efforts in the centre have trickled down to people implementing food waste strategies in their own homes.

What advice do you have for those wanting to get involved in similar initiatives in their community?

Start small, make sure you have people on board and volunteers to tackle this issue. Food waste reduction is a long-term game and over time these small efforts can snowball into major changes. Also, visiting other centres and asking questions can really help. The Jaffari Islamic Centres has hosted interfaith tours to help others see what is possible.

Resources recommended by Anar:

- [Faith and the Common Good article](#) about the initiative
- [Toronto Star article](#) about the food waste initiative
- Second Harvest Report: [The Avoidable Crisis of Food Waste: The Roadmap](#) (2019)



Cheryl Jitta, RD & Marcia Cooper, PhD, RD are dietitians working in the Food Directorate at Health Canada. They discuss how changes to food labels and the development of Health Canada's Nutrition Labelling Online Course are helping improve food literacy.

Why is food literacy important to Canadians?

As the federal department responsible for helping the people of Canada maintain and improve their health, [Health Canada](#) is committed to improving the lives of all of Canada's people. We want to make this country's population among the healthiest in the world. One way we're doing this is by providing updated food labelling to help make choosing healthier foods easier.

It's important that Canadians have food labelling knowledge and skills to be able to read and understand nutrition labels on pre-packaged foods, including the nutrition facts table and list of ingredients.

What are some key food labelling regulation improvements?

Recent improvements include:

- making the serving size more consistent so that it's easier to compare similar foods

DID YOU KNOW?

In 2016, the Food and Drug Regulations were amended to make improvements to the food label based on feedback from Canadians and stakeholders. A five-year transition period, ending on December 14, 2021, allows sufficient time for industry to make the necessary changes to their labels and also to use up any existing stocks of labels already printed to comply with current requirements. However, given the challenges imposed by COVID-19, the Canadian Food Inspection Agency (CFIA) will focus its efforts on education and compliance promotion for the first year, until December 14, 2022. As of December 15, 2022, CFIA will verify compliance and apply enforcement discretion.

- revising the % daily values (%DV) based on updated science
- adding a sentence at the bottom of the table about % daily value to help consumers understand that 5% DV or less is a little, and 15% DV or more is a lot
- improving the legibility of the list of ingredients

Additional food labelling changes are outlined in the [Nutrition Labelling Online Course](#).



What are some of the challenges Canadians face when making food choices?

Canadians face many challenges when making food choices, including social influences, food marketing, and the increasing availability of a number of foods high in calories, fat, sodium and sugars. These factors, and others, have a major impact on food choices and make healthy eating challenging for many people.

Canadians face barriers in understanding and using nutrition information. Approximately 60% of Canadians have marginal health literacy levels based on Newest Vital Sign data⁸, which is why there is increasing interest in simplified messages. To assist in helping with this challenge, Health Canada created the [Nutrition Labelling Online Course](#) for health professionals and educators, who in turn can share this information with consumers.

How was the Nutrition Labelling Online Course developed? Who should take it?

The course content was developed by Health Canada nutrition labelling subject matter experts - - really, by a lot of dietitians, both English and French speaking. Health Canada employs dietitians who work in various fields such as research, development of policy and regulations, stakeholder engagement and consultation; also on the development, promotion, implementation and evaluation of educational materials.

Cheryl, for example, diligently wrote course content, resources and activities for both dietitians and their clients and enjoyed testing out the course on various platforms including mobile, which was her favourite. Meanwhile, Marcia guided the course pilot testing with dietitians, other health professionals and educators to gather feedback on structure, content, technical issues, and to inform improvements before it was launched publicly.

Health Canada consulted broadly with internal and external collaborators to ensure that the course met the needs of learners. Engaging learners in advance of finalizing the course was pivotal to success. While this free course was developed for health professionals and educators, who can then use this information to share with others, anyone with a keen interest in nutrition will find it useful.

What are the key features and components of the Nutrition Labelling Online Course?

The course contains six modules:

Module 1: Food Labelling in Canada

Module 2: Nutrition Facts Table

Module 3: A Closer Look at Serving Size Information

Module 4: A Closer Look at % Daily Value

Module 5: List of Ingredients

Module 6: Nutrition Claims

The course also contains resources for health professionals and educators, as well as quizzes and content that can be completed with clients. The self-paced course takes about three hours. You can choose to complete the entire course, or only the modules that interest you. If you successfully complete the whole course you will receive a Certificate of Achievement!

How are you engaging with dietitians to develop resources?

We are planning to further engage dietitians, in both official languages, to develop additional resources for the Nutrition Labelling Online Course through Lightning Design Jams. These “Jams” as we’re calling them, are really condensed workshops where we will take a design thinking approach to involve dietitians in co-creating useful resources that health professionals across Canada can use to teach their clients about nutrition labelling. At the core of this approach is the need to be user-centric, and we think this comes naturally to most dietitians.

Resources from Health Canada recommended by Cheryl & Marcia:

- [Nutrition Labelling Online Course](#)
- [General Food Safety Tips](#)
- [Priority Food Allergen Information](#)
- [Canada’s Food Guide Recipes](#)



Ingredients for a Healthier Tomorrow: Food Sovereignty

Dietitians believe that every Canadian has a right to food that is not only healthy and culturally appropriate, but that is produced in a way that is sustainable, equitable and values the rights of people and the sacredness of food.

Dietitians understand that food is not just a commodity, but a public good, and that resources and decision-making across the food system should be shared and

equitable.^{1,9} [Food sovereignty](#) is a vital component of a sustainable food system. By engaging people with lived experience, advocating for increased access to nutritious food and poverty reduction initiatives, adding traditional and culturally-appropriate menu choices, and providing food skills training so people can grow and cook their own food, are just some of the ways dietitians are working towards food sovereignty.

Learn more

Check out these resources for more information:

- **Learning on Demand:** [Nutritional considerations for northern First Nations adolescents: Food sovereignty and mental health](#) by M. Hardy RD, CDE, CSSD, IOC (2019)
- **Website:** [What is Food Sovereignty | Food Secure Canada](#) (& [The 7 Pillars of Food Sovereignty](#))
- **Declaration:** [United Nations Declaration on the Rights of Indigenous Peoples.](#)

Activity Ideas #NutritionMonth

Bring this ingredient to life by:

- Hosting a journal club with colleagues to review the literature and best practices for increasing food sovereignty.
- Creating and sharing an infographic or video about the [7 pillars of food sovereignty](#).
- Researching (and joining) local initiatives in your community working towards food sovereignty – share their work on social media, with colleagues, and community groups you are a part of.
- Trying this [sustainable salsa recipe and activity](#) by the [ICDA Sustainability Toolkit](#) through a lens of food sovereignty.

Dietitian Stories



Chelsey Purdy, P.D.T. (c) is a woman of mixed Mi'kmaw and European heritage, and a current MSc candidate at Mount Saint Vincent University. Chelsey's masters project is focused on food access for Indigenous peoples living with HIV/AIDS in Mi'kma'ki, where photovoice is being used to understand past, present, and future access to food. Chelsey also works as the program coordinator for the Two-Eyed Seeing camp; A partnership program for Mi'kmaw youth between Mi'kmaw Kina'matnewey, Mi'kmaw communities in Nova Scotia, and Mount Saint Vincent University.

What does Indigenous food sovereignty mean to you?

To me, Indigenous food sovereignty goes beyond eating traditional foods and practicing traditional foodways (e.g., hunting, sharing of food). It is about treaty rights, land governance, reclaiming cultural knowledges, and rebuilding relationships between Indigenous and non-Indigenous peoples. Food sovereignty encourages us to view food access through the lens of power that shapes our food systems. This can mean recognizing who has decision making power and how those decisions (e.g., policy) impact our food system. For Indigenous peoples, barriers to exercising food sovereignty include (but are not limited to): lack of access to and governance over traditional lands used to harvest foods; lack of opportunity to participate in the current market-based food system; environmental racism that impacts ability to access foods from the land; and inability to exercise treaty rights, and violence associated with exercising them. These barriers are the result of historical and ongoing policy decisions, and relationships between Indigenous and non-Indigenous peoples. While these specific experiences may not seem to directly impact all Canadians, they help us understand what food sovereignty means. Indigenous peoples are at the forefront of many food sovereignty movements happening across Canada and hold a unique position when it comes to opportunities for teaching us, and for re-shaping our food system. For example, Mi'kmaq

(including those from my home community of Acadia First Nation) continue to push forward in the implementation of treaty fisheries (also called Moderate Livelihood Fisheries), despite years of violence and pressure from the non-Indigenous community and the Canadian government. This treaty right poses an opportunity for improving local, Mi'kmaw control over fisheries, offering frameworks and policy options for collaborative approaches to improving local control in other areas of our food system. In many Indigenous cultures, philosophies and frameworks guiding collaborative, local control over food have been used since time immemorial. These philosophies have helped guide successful management of Moose in Unama'ki (Cape Breton, NS). By taking the time to learn about, support, and center Indigenous-led movements, peoples, and communities, we not only improve food sovereignty for Indigenous peoples, but for all Canadians. When we support the original stewards of this land, and those who are on the front lines fighting for its protection, we are simultaneously supporting protection of our collective food systems.

Resources recommended by Chelsey:

- Learn more about Food Sovereignty: [Gather \(2020\)](#)
- Learn more about Indigenous perspectives related to resource stewardship and food sovereignty:
 - [Returning to Netukulimk: Mi'kmaq cultural and spiritual connections with resource stewardship and self-governance](#)
 - [Understanding Indigenous Food Sovereignty through an Indigenous Research Paradigm](#)
- Learn more about Indigenous-led movements: [Winona LaDuke on the Dakota Access Pipeline: What Would Sitting Bull Do?](#)



Tracey Frimpong, RD is a clinical dietitian at St. Michael's hospital in Toronto, Ontario. Using her personal blog she provides insight into her personal journey as a dietitian and shares her perspective on food sovereignty. "For the culture and for food of all cultures."

Why is food sovereignty important to you as a dietitian?

Food sovereignty is important to me because I believe that on this big globe, food systems differ amongst regions, and it is key that people are able to access food which is not only healthy and planet-friendly, but also food which is culturally appropriate to them. My parents and siblings immigrated from Ghana, West Africa, making me the only Canadian-born in my family. Growing up it was key that my mother provided us with food which was culturally sound to us, and thankfully with importation we were still able to acquire key ingredients that come from the motherland. However, what my family lost was growing their own food, harvesting it, and the sacredness of all food. All I had ever known was the supermarket, but food sovereignty is not just about the food system – it's about the consumers and producers as well.

How do you bring attention to these important issues?

I started a blog last year while I was isolating and trying to figure out just the type of dietitian I wanted to be. On social media I often saw this promotion of healthy eating that didn't register with me. I thought why not touch upon cultural foods, why not touch on the significance of these ingredients and people as a whole. I work as a clinical dietitian, but it's very important to me that as a dietitian, we engage in food, in equity, and all types of food systems work. I regularly post about food justice, nutritional science, gardening, wellness, recipes; pretty much anything and everything!

Why is mentoring students important to you?

I wanted to become a dietitian, but honestly, I didn't know how to navigate it all. I knew how to get there, but how to flourish... that was another story. If we want dietetics to look more inclusive, then we need to start engaging more students - helping them find their niche, because there's a vast number of opportunities and fields in which dietitians are needed. It's about providing support and helping them navigate it all. We become a better group overall, if we provide support not only to our colleagues, but to those interested in food and nutrition. And trust me it's not a one-way street! Students provide you knowledge and also help you develop professionally.

What advice do you have for other dietitians wanting to learn more about and engage in food sovereignty work in their local community?

There are so many grassroots initiatives in local communities. Social media is a great help, but I find it's best to start with one initiative that means something to you. For instance, I love gardening so I thought it was important to buy from community farms and go to food markets. Maybe you want to learn more about the preparation of a cultural dish? Attend a food class, or even test out a recipe. You'll be more engaged if you actually have an interest in it.

Resources recommended by Tracey:

- Black Food Sovereignty Initiative of Toronto: [Afri-Can FoodBasket](#)
- [Black Creek Community Farm](#)
- [Indigenous Food Systems Network](#)



Ingredients for a Healthier Tomorrow: Sustainable Food Choices

As leaders in food and nutrition, dietitians help shape individual, institutional and population-wide food choices for a healthier tomorrow.

Dietitians are key communicators of nutrition messages, whether it be to their clients, the public, in their workplaces, through research and government, media or

industry. Providing guidance and shaping policy towards [sustainable diets](#) is one important part of creating a sustainable food system. Dietitians are able to translate the evidence into practical tips and weigh multiple factors when making dietary recommendations.¹⁰

Learn more

Check out these resources for more information:

- **Practice-based Evidence in Nutrition (PEN):** Sustainable Food Systems [Backgrounder](#) and [Practice Questions](#) (2021)
- **Learning On Demand:**
 - [Supporting Sustainable Food Systems](#) by L. Carlsson, PhD, PDt & R. Wagner, MBA, RD (2020)
 - [Guide to a Sustainable Menu – A Step by Step Approach to Sustainability](#) by A. Marquez, RD (2020)
 - [Can Healthy Diets be Sustainable Diets? An Emerging Role for Dietitians](#) by B. Seed, PhD, RD & F. Yeudall, PhD, RD (2020)
 - And many more!
- **Toolkit:** [Sustainability Toolkit](#) by the International Confederation of Dietetic Associations (ICDA) – take the Sustainability Self-Assessment, it's a great place to start!
- **Report:** [Sustainable Healthy Diets Guiding Principles](#) by the FAO and WHO (2019)

Activity Ideas #NutritionMonth

Bring this ingredient to life by:

→ Sharing the free Nutrition Month 2022 [Recipe e-book](#) featuring recipes hand picked by dietitians from across Canada.

Other ways to promote the recipe e-book:

- Organizing a virtual (or in-person) cooking class featuring one of the recipes
- Working with your cafeteria to feature and promote a recipe weekly
- Making recipes from the e-book at home and posting the results on your social media channels using the #NutritionMonth and #YourFutureIsHealthy hashtags
- Starting a “recipe challenge” on your social networks by asking people to submit their favourite plant-forward recipes

→ Sharing the How Can I Eat a More Sustainable Diet article found on [UnlockFood.ca](#).

- Challenging your followers, colleagues, or patients/clients to cut back on beverages from plastic-containers (e.g., zero waste beverage month or week).
- Disseminating evidence-based information about sustainable diets and dispelling myths on social media, at your workplace, etc.
- Creating and sharing an infographic specific to your practice population and/or community about sustainable diets and food choices.
- Examining or creating a sustainable food standards policy for use within your workplace and other organizations.

Dietitian Stories



Nicole Pin, MAN, RD is a dietitian at the University of Waterloo in Ontario. She spends a significant amount of time working in Food Services supporting sustainable menu development for students and staff. She shares her experiences with moving towards sustainability and some of the challenges they encountered along the way.

How did sustainability become a priority at your workplace?

Sustainability has been a long-standing initiative at the University of Waterloo; it was actually the first university in Canada to adopt “Greening the Campus,” which is the philosophy that post-secondary campuses should reflect the world students seek to create. There is a strong ongoing effort to minimize our impact and sustainability is a big part of our University Strategic Plan.

Specifically, in Food Services, we collaborate with our Sustainability Office and campus stakeholders to reduce waste, reduce emissions, and shrink our carbon footprint.

Every year our goals get a little more challenging, and we work to add something new. Whether it’s seeking out more local produce, adding a new plant-forward concept, increasing fair-trade products, or encouraging reusable versus disposable wares, we know every little bit counts towards the greater picture.

What are the main challenges you’ve encountered trying to move towards sustainable food choices?

One challenge we’ve faced this last year is ensuring reliable and consistent product. We know a lot of our local suppliers have experienced challenges with the pandemic and being able to support local is one of our key priorities. For example, we try to purchase a large amount of produce from the Elmira Produce Auction, which helps support local farmers and the greater community, but with the pandemic, products have been limited and there have been logistical barriers getting to the auction every week.

Another challenge is finding the best ways to promote our sustainable initiatives. We have a campaign called “Farm to Campus Fresh” which uses five key messages to help increase awareness of our sustainable focus. The

messages are intended to showcase the impact of our efforts (things like making food from scratch, providing nutritious and environmentally friendly choices, and supporting local), but with all the media and messaging on campus-- and even within food services alone-- it sometimes gets lost in the hustle and bustle.

How do you balance the needs and goals of the student population with sustainable eating priorities?

It's always important to make sure the greater campus needs are being considered when we make sustainable changes in our operations. We have a vast campus population with diverse dietary needs and cultural preferences, so we often look for ways to integrate sustainability goals with menu choice. For example, we offer a number of both plant-based and meat-based options on our menus. For meat proteins, which are known to have a significant environmental impact, we aim to source local, sustainably produced, and halal products, which helps ensure sustainability goals are not lost within our menu choice.

We often display plant-based choices first on menus or before meat-based dishes in self-serve areas which helps make these more prominent options. Our chefs are also really creative when it comes to plant forward features, which makes the options enticing and appealing for

guests to try. A future goal we have is to incorporate a “low impact” symbol on menus, which we hope will continue to increase awareness and make the sustainable choice the easy choice.

When you're starting to move towards sustainability it can be overwhelming, what advice would you give to others who are trying to increase sustainable food choices at their workplace or in their community?

Start by educating yourself on what's available to you, and what your workplace is doing already. There may be some existing initiatives that you can build on, and often there are others in your department/workplace who are also interested in supporting sustainable programs. There is also a wealth of knowledge and resources when it comes to sustainability; find out what may be available to you and how you can get involved in the local network. Leverage resources wherever you can! Are there opportunities to work with your existing supply chain to drive change? Start small and don't get discouraged.

Resources recommended by Nicole:

- [United Nations Sustainable Development Goals](#)
- [Forward Food](#)
- [Menus of Change](#)





Joanne Gallagher, M.H.Sc., RD is a dietitian with Dairy Farmers of Canada (DFC). She discusses her experiences with sustainability and how DFC is committed to supporting sustainability.

Why are sustainable food choices important to Canadians?

Having worked as a dietitian in various roles, my experience has been that Canadians are generally curious and eager to learn more about our food system and the origin of foods. In fact, over my career, this curiosity has grown. I work closely with organizations such as [Agriculture in the Classroom Canada](#) and the [Canadian Centre for Food Integrity \(CCFI\)](#) who monitor issues related to sustainable food systems so that we can support the growing need and interest in this area. CCFI's 2021 research indicates that for the first time, global warming and environmental issues have made the top five list of concerns for Canadians underscoring the importance of a sustainable food system to Canadians.¹¹ However, the vast amount of conflicting misinformation is overwhelming. As dietitians we all have a responsibility to learn more about our food system and sustainable practices to inform the evidence-based information we provide to our clients. During Nutrition Month 2022 the dietitians at Dairy Farmers of Canada are eager to support that learning for dietitians and share the commitment that Canadian dairy farmers have in providing strong stewardship of the environment.

How do you balance the goals of sustainability with those of your consumers and organization?

Fortunately, dairy farmers are aligned with Canadians in their commitment to protect the environment and manage resources responsibly for future generations. All Canadian dairy farmers must meet provincial environmental regulations to safeguard natural resources and develop individual plans to identify and mitigate risks on their farms, while pursuing practices to preserve air, land, and water resources, and to enhance biodiversity. According to Environment and Climate Change Canada, Canadian milk production accounts for about 1% of Canada's total greenhouse gas emissions.¹² Adopting new technologies, ensuring optimal cow feeding strategies and major investments in research and innovation are how dairy farmers have and will continue to improve their

environmental performance. As a dietitian, I appreciate this commitment and share this with others when addressing sustainability. And because sustainable eating principles must also consider health, encouraging the inclusion of nutrient-packed milk, cheese and yogurt is supportive of sustainable healthy eating goals.

What tools do you use to communicate with dietitians and consumers about the importance of sustainable eating?

We have recently undertaken extensive research with Canadian dietitians to learn more about our collective needs, challenges and resource preferences related to sustainable eating. We look forward to creating resources to augment dietitians' learning and skill development in this area as we learn and grow together. In addition, we currently offer exciting virtual dairy farm tours for post secondary dietetic and nutrition students to learn firsthand from dairy farmers and other relevant experts about sustainable dairy production. Of course, Nutrition Month is the perfect time to reach out to consumers on this topic as well, especially in 2022 with the theme of "Ingredients for a Healthier Tomorrow". You can access our new Nutrition Month 2022 resources after February 15, including digital posters, factsheets and tools in English and French by visiting dairynutrition.ca/en/nutmonth or savoirlaitier.ca/fr/moisnut. You and your clients can also explore this topic by visiting whatyoueat.ca or monalimentation.ca for tips, recipes and food and nutrition information. We also offer six exciting and nutritious recipes with sustainability in mind, in Dietitians of Canada's 2022 Nutrition Month Recipe e-book.

The content, planning and execution of Nutrition Month is protected by Dietitians of Canada's [Guidelines and Principles for Private Sector Relationships](#). The Nutrition Month Sponsor Prospectus is available on the [Dietitians of Canada website](#)



Ingredients for a Healthier Tomorrow: **Nutrition Care & Prevention**

Dietitians support individuals and communities to live a healthier future through care and prevention and by helping to build better environments where people live, work and play.

Dietitians think of the future health of their clients by supporting patients, clients and groups to make dietary and behavioural changes in the present, which lead to

increased well being and healthier outcomes tomorrow. They also provide nutritional care during times of illness to optimize future recovery. Dietitians work on upstream approaches that aim to build supportive nutrition environments and policies which help make the healthy choice the easy choice.

Learn more

Check out these resources for more information:

- **Practice-based Evidence in Nutrition (PEN):**

- [Cancer Prevention Eating Guidelines Handout \(2016\)](#)
- [Plant-based Diet Guidelines Handout \(2016\)](#)
- [Creative Use of Leftovers Handout \(2018\)](#)
- [Healthy Eating While Spending Less Handout \(2017\)](#)

- **Learning on Demand:**

- [Using Behaviour Change Techniques and Hands-On Tools to Enhance your Unique Nutrition Practice](#) by C. Mehling, MSc, RD & R. Barbieri, BA.Sc, RD (2021)
- [Mental Health and Nutrition](#) by Dr. L. Lachance, MD, FRCPC (2019)
- [Virtual Practice: Now and Into the Future](#) by L. McKellar, J. Bouchard, & P. McCabbe (2021)

- **DC Course:** [Counseling for Behaviour Change](#) by H. Raynor, PhD, RD, LDN

- **Factsheet:** [Dietitians Support Mental Health](#) by Dietitians of Canada

- **Journal:** [Canadian Journal of Dietetic Practice and Research](#) – read the latest issue to stay up to date on the latest nutrition research

Activity Ideas #NutritionMonth

Bring this ingredient to life by:

- Connecting with your HR representatives and colleagues to ensure dietitian services are covered in your workplace extended health benefits. Share this [resource](#) with them.
- Connecting with doctors, other health care providers, and community leaders to discuss the types of clients with whom you can have the most impact and the best way to refer them to you.
- Sharing these [UnlockFood.ca](#) articles about dietitians on social media, with colleagues, local community groups, schools, workplaces, etc.
 - [How can I find a dietitian near me?](#)
 - [What can I expect when I go and see a dietitian?](#)
 - [Top 5 reasons to see a dietitian](#)
- [What kind of training and education does a dietitian have in Canada?](#)
- [Where do dietitians work and what do they do?](#)
- Signing up for [PEN eNews issues](#) to stay up-to-date on the latest evidence updates.
- Leading the creation of a supportive nutrition environment policy at your workplace (e.g., foods and beverages offered at meetings).
- Taking pictures around your community of examples of supportive nutrition environments and posting them to social media to start a conversation (e.g., menu labelling, water fountains, nutritious options in vending machines).

Dietitian Stories



Catherine Labelle, Dt.P. *Is a community dietitian in Montreal, Quebec with the Montreal Diet Dispensary whose mission is to foster healthier futures through social nutrition interventions which promote optimal infant health. She shares how their approach supports a healthier tomorrow and the barriers they've encountered during the pandemic.*

How does the Nutrition Month theme resonate with you and the work that you do?

At the Montreal Diet Dispensary, we believe in the importance of offering every child an equal chance to achieve their full potential. After all, healthier children make all our futures healthier! Pregnancy is a great opportunity to make positive changes to one's diet. We use a social nutrition approach that considers a multitude of factors in order to best support pregnant women in vulnerable situations. This involves, among other things, the use of healthy, basic foods that are minimally processed. We feel privileged to offer support to our clients during this period in their lives. We know that the

support we offer has positive effects on the health of the mother and her child for years to come.

How has the COVID-19 pandemic impacted your work?

Our team had to quickly adapt our interventions and the ways we reach clients, which was not always easy. We also found that the profile of our clients changed – for example, families who had previously been doing relatively well pre-pandemic, now had difficulty feeding themselves and their families due to loss of income.

What barriers do your clients most struggle with when it comes to making healthier food choices?

The main barrier we see is our client's precarious financial situation. It is our role to support them to make the best possible food choices, while considering their budget and other resources at their disposal. Pregnancy is a great opportunity to make positive changes in their diet and we know that the support we offer has positive effects on the health of the mother and her child.

Resources recommended by Catherine:

- Handouts from the Dispensary: [Food plate, Staple Ingredients, Food Waste, Food Storage, Nutrient Facts Table](#)
- [Videos about breastfeeding](#)
- Articles about [healthy eating during pregnancy](#) (click on section “articles”)



Jennifer Paterson, RD is a consulting dietitian in Alberta who in addition to working with individuals and groups, works with community organizations to create nutritious, budget-friendly and sustainable menus. She discusses the factors she balances when making menu recommendations and the impact of the pandemic on her work.

How does this Nutrition Month theme resonate with you?

This year’s theme resonates with me in several areas of work both professionally in my work and in my personal life. There are several “ingredients” that are required to ensure that we have access to foods that can nourish our bodies while keeping sustainability, food skills preparation, availability, and our health goals in mind. Personally, I want access to healthy and delicious foods for me and my family, but I also value supporting local food sources, teaching my children how to prepare meals, and enjoying food together as a family.

How has the COVID-19 pandemic impacted your work?

When the COVID-19 pandemic started, I was on maternity leave. During maternity leave it was my passion to start my own private practice. As restrictions were put into place, the word that was circulating across the business community was “pivot,” and that is what comes to mind here. My focus was to create a business where I could offer the same high-quality service to my clients virtually as I do in person. I researched virtual platforms and modelled many other dietitians in the private practice industry until I found what worked for me and my target audience. Today, I feel confident that I can offer both in-person and virtual delivery to my clients with ease.

One challenge we continue to face related to our practice is the current boundaries that are in place with out of province practice. Currently, Dietitians of Canada is advocating for [cross border dietetic practice](#) that I feel would benefit our clients and the dietitian community at large.

As a grocery store contract dietitian, we were offering in-person nutrition tours to local community groups and schools. When we were no longer able to be in the store, we worked together as a team to create virtual education that can now be delivered to groups, schools, and teams everywhere who may not have otherwise had the chance to have this opportunity.

What factors do you consider when making menu suggestions for your clients?

Providing menu development and menu review for supportive living homes in Alberta, I am looking for sustainable systems of food preparation and food items that can meet the nutrition requirements of the residents as well as fall within the food budget, availability, and skills of the staff preparing the meals. Working with local community groups such as food banks and greenhouses can help to lower food costs and develop partnerships within the community. Cooking once and using twice is one popular tool that I enjoy working into my menu review, which can reduce food costs and time for preparation.

Why are food skills important to the clients you serve?

In the smaller supportive living homes, I see benefit when we have the residents involved in food preparation where they can learn basic food skills that can be carried over into other aspects of their lives where we may see improvements in self-confidence, social interaction and positive relationships.

Resources recommended by Jenn:

- Dietitians of Canada [Consulting Dietitians Network & Gerontology Network](#)
- Alberta Health Services: [Planning a Healthy Menu: A Toolkit for Supportive Living Sites](#)

Final Word

James McGrath, P.Dt, CDE is a dietitian who works in both private practice and with the First Nations and Inuit Health Branch at Indigenous Services Canada. He reflects on the experiences he has had within various parts of the food system and how they have shaped his approach today.

“As a dietitian, I have learned the importance of food systems and how they can affect health outcomes. On a systems level, we are collectively working to create sustainable food systems that provide nutritious, safe, and high quality food and water that supports population health and well-being. In my work with Indigenous communities, I have supported the implementation of community based food programs, contributed to the development of community nutrition policies, and supported communities in developing long term food security strategies. In building community food literacy, I foster relationships and partnerships with local, provincial and national organizations to offer an array of workshops and training programs that focus on building foundational food skills and food literacy for people of all ages.

Throughout my career, I have learned to apply a social determinants of health (SDOH) lens to my work. I recognize that many clients endure negative experiences with discrimination, racism, and historical trauma, and that the SDOH intersect and impact a person’s food systems and their overall relationship with food. The importance of meeting a client where they are and taking time to understand the complexity of their lived experiences is foundational in cultivating and building a strong relationship with clients. In many cases, support is

often provided in the form of navigating various systems including our complex food systems. For some clients, that could involve helping them access a local food bank and in other cases, it could involve advocating for additional income support so that the client can have the ability to make healthier food choices. As dietitians, it is important to ensure that we recognize and celebrate the small successes that a client will make on their pathway to healthier eating and improved health.”

Through these dietitian stories, we can see that each dietitian has a unique story and experience in working towards creating a sustainable food system and a healthier tomorrow for their clients, communities and the planet.

Let’s share all our stories this Nutrition Month to help start a conversation about the ingredients for a healthier tomorrow. Together, we can have a greater impact!

#NutritionMonth #YourFutureIsHealthy



Nutrition Month 2022: Planning Worksheet

As you read this guide, use the following worksheet to jot down ideas, make notes, pose questions, and start planning your Nutrition Month 2022 campaign: Ingredients for a Healthier Tomorrow.

Step 1: Learn, Gather Information & Reflect

- Read the paper [Sustainable Food Systems: Dietitians Roles](#) (2020) and jot down any points and ideas that resonate with you and your role as a dietitian.

- Take a look at the tables on pages 8 to 14 in the role paper above, as well as the key ingredients in this guide (food security, food literacy, food sovereignty, sustainable food choices, and nutrition care and prevention), and identify the parts of the food system you contribute to and how.

- What do you want to learn more about? Review some of the resources listed in this guide.

- Be reflexive. Consider some of the following questions:

- What assumptions do you have about sustainable food systems and the ingredients needed for a healthier tomorrow?
- What do you value in a sustainable food system? What do your clients' and communities' value?
- How can you consider the experiences and views of others?
- How do you use a systems approach in your work?
- What are some of the challenges/barriers you encounter when influencing change in the food system?
- What are the gaps in your knowledge when it comes to sustainable food systems?

Step 2: Brainstorm Ideas

- Consider the answer to these questions:
 - How does the Nutrition Month theme: Ingredients for a healthier tomorrow resonate with you?
 - In which ways are sustainable food systems important to your clients/patients/ community/workplace and the work that you do?
 - How do you help your clients/patients/communities/workplace live a healthier tomorrow?
 - What skills/tools do you access to help influence change within the food system?

- Take a look at the stories and activity ideas listed throughout the guide and jot down any that resonate with you.

If you use or adapt Nutrition Month materials, please add this reference note:

Adapted from the Dietitians of Canada's Nutrition Month 2022 materials. Find more information about Nutrition Month at [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca).

- List any other ideas that came to mind:

Step 3: Plan & Disseminate

- Identify your target audience. Is it Clients/Patients? Colleagues? Partners? Healthcare providers? Public? Media? Workplaces?
-
-
- What type of message or story about the Nutrition Month theme do you want to share with your target audience (e.g., a reflection or personal story, facts about your local food system, dispelling misinformation, food skills, why people should refer to or see a dietitian)?
-
-

You can adapt the posts in the Nutrition Month 2022 Social Media Toolkit found at [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca).

- List potential places you can share your message:

Sharing your message with others helps us all have a greater impact. Potential places to share your message:

- Social media – join the conversation by tagging all content with #NutritionMonth #YourFutureIsHealthy @DietitiansCAN
- Personal website, blogs
- Workplace website, intranet site, wellness newsletter, email signature, bulletin board
- Media: local radio interviews, op-ed articles, news release
- Local community centres, libraries, gyms, grocery store
- Local sports teams, clubs
- Schools, daycares

- What format do you want to use to share your message (e.g., article, video, social media posts, presentation, workshop, poster, display, infographic, e-mail, newsletter inserts, media messages)?

- List any resources or tools you can use (e.g., UnlockFood.ca articles, recipes, images, videos).

You can download Nutrition Month graphics to add to your website, blog or email signature from [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca). If you are planning a media segment or column for your local newspaper, contact media@dietitians.ca for suggested key messages and additional information.

- How will you celebrate Dietitians Day (March 16, 2022)? It's the perfect time to promote the profession. Use social media to wish your dietitian colleagues a happy #DietitiansDay and to bring awareness to Canadians about our profession. Don't forget to organize a virtual video get-together with your local dietitians!

- Implement your plan. Make notes of what worked well and what needed improvement for next year.

Don't forget to share the **Nutrition Month Recipe e-book** and direct people to the **Nutrition Month website** for more information at [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca). **THANK YOU** for participating in this year's Nutrition Month campaign!

Glossary

Food Literacy

“Food literacy includes five main interconnected components: food and nutrition knowledge; food skills; self-efficacy and confidence; food decisions; and external factors such as the food system, social determinants of health, and socio-cultural influences and eating practices.”⁷

Food Security

“Food and nutrition security exists when all people at all times have physical, social and economic access to food, which is safe and consumed in sufficient quantity and quality to meet their dietary needs and food preferences, and is supported by an environment of adequate sanitation, health services and care, allowing for a healthy and active life.”¹³

Food Sovereignty

“Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”¹⁴

Sustainable Food System

“A food system that delivers food and nutrition security for all in such a way that the economic, social and environmental bases to generate food security and nutrition for future generations are not compromised.”²

What do sustainable food systems in Canada look like?³

- They steward and enhance ecosystems, and respect the needs of other species in those ecosystems.
- Are sovereign and self-sufficient while supporting other nations’ food sovereignty

- They support food literacy.
- They support equitable and just access to food for all Canadians in a way that is empowering, inclusive, dignifying and respectful.
- They support a healthy relationship with food, such that Canadians value food, its origin and quality, and express identity and culture through foods.

Sustainable Diets

“Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources”¹⁵

Systems Approach

“Applying a systems approach to decision making means recognizing the complex actors, factors, interactions and dependencies and using that information in daily decision making. Such decisions are often made in the absence of any ‘correct’ answer; rather, the decision maker must maximize benefit and minimize harm. As conditions are constantly changing, an iterative and reflexive approach to such decision making is critical.”¹

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Unlock the Potential of Food

Ingredients for a Healthier Tomorrow

We hope this Nutrition Month and every month you consider dietitians' encouragement to be more mindful of your eating habits, to cook more often, to enjoy your food and share with others!

This March, connect with a Dietitian at [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca) to help make your future a healthier one

