



# NOURISH TO FLOURISH

NUTRITION MONTH **2025**

Planning Guide



# Why ‘Nourish to Flourish’ as our theme?

We know it can be challenging to pause and recognize the incredible impact of our work or to share it with others. But as a dietitian, you nourish lives, empower healthier choices, and help Canadians flourish every single day — and that’s something to celebrate. This year’s Nutrition Month theme, *Nourish to Flourish*, highlights the powerful role nutrition plays in helping individuals and communities thrive.

Throughout Nutrition Month, the campaign will shine a light on how balanced nourishment supports not only physical health but also mental well-being, emotional resilience, and social and cultural connections. Together, we’ll explore these key areas of physiological well-being, mental well-being, sociocultural well-being, and emotional well-being. From fueling energy levels and boosting immunity to fostering community connections, supporting emotional regulation, and promoting cognitive health, dietitians are at the heart of this work.

Dietitians of Canada (DC) will provide you with resources and tools to empower individuals to find their own path to flourishing. Join us as we celebrate our profession with inspiring stories, in-person events, advocacy meetings, virtual webinars, and even a virtual cook-off. Let’s come together as dietitians across the country to embrace the diverse ways we nourish Canadians and help them flourish — because when we nourish, we flourish.

# The sub-themes

## Week 1: Physiological Wellbeing

**Nutrition is important for good health across the lifespan.**

Eating the right kinds and amounts of food provides the necessary vitamins, minerals, essential fatty acids, amino acids, and antioxidants needed by our bodies for growth and repair, physical health and performance, and disease prevention and management. Adequate nutrition is important for supporting health across the entire lifespan, including pregnancy, infant, child and maternal health. It helps prevent malnutrition, both under- and overnutrition, and is needed for a strong immune system, to lower the risk of chronic diseases such as diabetes and cardiovascular disease, and for longevity.

## Week 3: Sociocultural Wellbeing

**Food connects families, communities and cultures.**

Dietary patterns are a reflection of who we are. From family traditions to cultural and religious practices, food is more than just nutrients - it connects us to our families and communities and helps shape our identities. Work schedules, cooking skills, lifestyle choices and family dynamics influence food choice, not to mention access to food and budget constraints. Acknowledging and addressing these dietary influences is essential to designing strategies that empower individuals to develop healthy, fulfilling dietary patterns that are aligned with their values and circumstances.

## Week 2: Mental Wellbeing

**Nutrition could be the missing piece of the puzzle for your mental health.**

Mental symptoms such as brain fog or lack of focus can be linked to medical conditions that need nutritional management, such as long COVID or ADHD. A balanced diet can also help improve mental function throughout the life cycle, such as helping kids perform better at school or reducing effects of perimenopause. Some nutritional strategies have even been found to improve mental health disorders such as anxiety and depression. Although dietary strategies are often overlooked, they can lead to big improvements in mental well-being.

## Week 4: Emotional Wellbeing

**Taking control of our emotional connections with food can support healthier eating.**

Emotional eating is part of everyday life. Eating can bring happiness, ease tension and create distraction. People also have positive or negative memories linked with specific food choices that influence their preferences. However, emotional eating can become a problem when feelings are avoided and go straight to eating. This can override hunger cues leading to overeating or unhealthy food choices. Problems with emotional eating can develop in young children when they are fed using non-responsive / coercive practices by their caregiver. In contrast, children learn to self-regulate their intake when caregivers use feeding practices that support child autonomy. For adults, understanding emotional connections with food can help promote healthier eating habits by identifying triggers and finding alternative coping mechanisms for emotional challenges.



# Get involved

**Nutrition Month 2025 offers exciting opportunities to engage and celebrate your impact.**

- Attend a virtual webinar
- Utilize our Nutrition Month toolkit and handouts with your practice and patients
- Download the social media toolkit and share your pride
- Download and print signage for your workplace
- Learn about our sub-themes with tailored LOD sessions and PEN® System Spotlights



# Webinar Wednesdays

Get ready to dive into engaging discussions! During Nutrition Month we're bringing you expert-led webinars on the latest nutrition trends, practical tips, and real-world strategies to support your practice. All our webinars this month are free for DC members and will be recorded.

 **Save the dates and stay tuned for the full lineup!**

## **PEN Evidence Update**

**Date:** March 5

**Time:** 12:00pm ET to 1:00pm ET

**Location:** Zoom - registration coming soon!

## **Dietitians Day! Advocacy and Election prep with Santis Health**

**Date:** March 19

**Time:** 12:00pm ET to 1:00pm ET

**Location:** Zoom - registration coming soon!



# Nourish Your Knowledge, Flourish in your Career with Learning on Demand Sessions

This Nutrition Month, grow your expertise with six Learning on Demand sessions designed to inspire and empower you. Explore strategies to advance your dietetics career and maximize your impact—from broad insights to sub-theme deep dives.

✨ **Free for DC members from March 1-31, 2025!** ✨

- General: [What's food all about? A journey through conversations with Canadians](#)
- General: [Redefining Food. Rediscovering Its Purpose](#)
- Physiological: Celiac Disease Essentials for Dietitians (*Link coming soon*)
- Mental: [The Pivotal Role of Nutrition in Mental Health](#)
- Socio-cultural: [Addressing Cultural Competency and Cultural Safety in Nutrition Practice /Encourager la compétence culturelle et la sécurité culturelle dans la pratique de la nutrition](#) (Available in both languages!)
- Emotional: Helping families say goodbye to picky eating (*Link coming soon*)

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# PEN<sup>®</sup> System Spotlight



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# Nourish Your Knowledge with the PEN<sup>®</sup> System!

The **PEN<sup>®</sup> System** provides dietitians with **timely, evidence-based nutrition knowledge** to support informed decisions and strengthen their impact. **Included in your DC membership**, this trusted resource helps you stay current and confident in your practice—so you can continue making a difference in the health of Canadians.

**Explore the PEN<sup>®</sup> System today!** Need help? We're here to assist—[contact us anytime!](#)



# Nourish Your Knowledge with the PEN<sup>®</sup> System!

## Physiological

- [Cardiovascular Disease Practice Guidance Toolkit](#)
- [Cardiovascular Disease Summary of Recommendations and Evidence](#)
- [Gastrointestinal System - Irritable Bowel Syndrome Background](#)
- **Practice Questions:**
  - [Do individuals with inflammatory bowel disease \(IBD\) have altered nutrient requirements?](#)
  - [What is the clinical evidence describing the safety of a very low carbohydrate \(20-50 g/day\) ketogenic diet during pregnancy?](#)
  - [Are there significant differences in the growth patterns of infants, birth to one year of age, who consume human milk versus formula?](#)

## Sociocultural

- [Cultural Humility Knowledge Pathway](#)
- **Practice Questions:**
  - [Does cultural safety training for dietitians improve patient outcomes?](#)
  - [How can dietitians incorporate cultural humility into their practice?](#)
  - [Cultural Humility Background](#)

## Mental

- [Mental Health - ADHD Knowledge Pathway](#)
- [Mental Health - Dementia](#)
- **Practice Questions:**
  - [What is the association between alcohol intake and cognitive decline, mild cognitive impairment or dementia?](#)
  - [Does anthocyanin supplementation affect cognitive function in healthy older adults or adults \(≥40 years\) with mild to moderate cognitive impairments?](#)

## Emotional

- [Weight-Inclusive Approach Background](#)
- [Toddler and Preschool Nutrition - Influences on Appetite and Eating Behaviour](#)
- **Practice Question:**
  - [When toddlers/preschoolers are fed using non-responsive/coercive practices \(pressure to eat, restriction, food reward\), how is their eating behaviour and weight affected?](#)

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# Dietitians Day!



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# Nourish Your Voice, Flourish in Advocacy this Dietitians Day!

Dietitians Day – March 19, 2025 is a time to celebrate the impact of dietitians and strengthen our collective voice! Join us in recognizing the profession and engaging in advocacy:

 **March 19 | Exclusive Webinar**

Get election-ready! Learn how to advocate for the profession and prepare for the upcoming election with expert insights from Santis Health.

 **Get loud on social and show appreciation**

Use #ThankADietitian on social media to recognize colleagues making a difference.

 **Access the Advocacy Toolkit**

Get practical resources to help amplify your voice and engage in advocacy efforts.

**Let's come together to nourish change and flourish as a profession!**

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# Toolkits

# Your Nutrition Month Toolkits!

**Empower your practice with ready-to-use resources!** Throughout Nutrition Month, we're releasing a series of **practical toolkits** to support your work and amplify your voice.

## **Nutrition Month 2025 Toolkits:**

- **General Toolkit** – Handouts & resources to support dietitians in their practice. *AVAILABLE NOW!*
- **Social Media Toolkit** – Graphics, messaging, and tips to help you **spread the word** about Nutrition Month. *AVAILABLE NOW!*
- **Weekly Subtheme Toolkits** – Tailored resources aligning with each week's focus. *AVAILABLE ON EACH MONDAY OF THE MONTH*
- **Advocacy Toolkit** – Practical tools to help you **engage in advocacy** and raise awareness. *AVAILABLE MARCH 19!*

 **Check [dietitians.ca](https://dietitians.ca) and our socials for each toolkit release and make the most of these valuable resources!** 

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# Happy Nutrition Month!