

NOURISH TO FLOURISH

NUTRITION MONTH 2026

PLANNING GUIDE



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Following the tremendous success of last year's campaign, Dietitians of Canada is excited to keep momentum going with the return of **Nourish to Flourish!** Every day, dietitians nourish lives, empower healthier choices, and help Canadians thrive.

“Nutrition Month is the perfect time to celebrate the incredible impact that dietitians make that help Canadians coast to coast to coast,” said JP Cody-Cox, CEO of Dietitians of Canada. “Nutrition Month is one of the most powerful moments of the year for our profession. *Nourish to Flourish* reflects the heart of what dietitians do: support people, communities, and systems with compassion and evidence-based expertise. I'm incredibly proud of the creativity and leadership our members brought to last year's campaign, and I can't wait to see how they elevate it once again in 2026.”

Throughout March, the campaign will shine a spotlight on the vital role dietitians play in providing trusted, evidence-based guidance at every stage of life. From supporting chronic disease management and navigating complex health concerns, to strengthening community food programs and helping families build positive relationships with food, dietitians empower Canadians to make informed, sustainable choices every day. Food is more than fuel — it connects us to our cultures, our communities, and ourselves — and dietitians help people flourish in all aspects of their lives.



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Get Involved!

Dietitians of Canada is thrilled to offer a variety of ways for you to get involved and make Nutrition Month 2026 truly memorable. In this section, you'll find all the tools and resources you need to participate, promote, and celebrate.

- **Nutrition Month Key Dates:** Stay up to date on all the exciting events happening across the country.
- **Social Media Toolkit:** Easy-to-use tips and templates to spread the word online.
- **Amplifying your Voice:** Suggestions on how to amplify your voice and content beyond your social media channels
- **Outreach Tips:** Guidance on connecting with local organizations to share your stories and events.
- **Event-in-a-Box Toolkit:** Everything you need to plan and host your own Dietitian's Day celebration, from resources to fun ideas.
- **Printable Resources:** Posters and handouts to share and showcase the work of dietitians in your community.

With these resources at your fingertips, you can join the nationwide celebration, showcase your expertise, and inspire Canadians to flourish through nutrition!



Virtual Events

Nutrition Month is packed with can't-miss opportunities! This year's lineup is overflowing with engaging sessions designed to inspire, connect, and empower the dietetic community.

Join us for a dynamic mix of virtual events where you'll learn from experts, engage with peers, and explore fresh insights. These sessions are a great way to connect with other members and participate in meaningful online learning throughout the month.

Check out all Upcoming Events [here](#). In the meantime, check out a sneak peek on the next page!



Virtual Events

CFDR Webinars

CFDR will be hosting virtual Research Showcases on March 4 and March 11 (1:00 – 4:00 PM EST) during Dietitians of Canada's Nutrition Month.

- Each Research Showcase will feature a 30-45 minute keynote presentation by a CFDR-funded researcher
 - March 4: Dr. Cathy Morley
 - March 11: Dr. Sophie Desroches
- Oral presentations of selected research abstracts will follow
- ePosters from accepted abstracts will be displayed on the Research Showcase
- Accepted and presented abstracts will be published in the Canadian Journal of Dietetic Practice and Research

Register for free [here](#).

Network Series

DC Networks are one of the best ways to engage with fellow members and dive deeper into some of the specialty areas that make up the dietetic profession. This new webinar series brings that experience to life through dynamic, member-driven sessions designed to spark ideas, share expertise, and strengthen your practice.

Covering a wide range of exciting topics, each webinar offers practical insights, real-world best practices, and fresh perspectives from experts across the country. Whether you're looking to expand your knowledge, explore a new area of practice, or simply stay connected, these sessions are built to help you learn, grow, and succeed.

Here are some upcoming expert Network webinars. Be sure to check back soon for more details and registration information.

- **Sports Nutrition Network** — March 5, 2026 | 12:00–1:00 p.m. ET
- **Consulting Dietitians Network** — March 20, 2026 | 12:00–1:00 p.m. ET
- **Sustainable Food Network** — March 25, 2026 | 12:00–1:00 p.m. ET

Don't miss out on all the exciting events happening during Nutrition Month!

Social Media Toolkit

Ready-to-Use Captions for Dietitians: Copy, paste, and personalize these captions to highlight your role and join the Nutrition Month conversation. Be sure to tag @dietitianscan on Instagram, and @Dietitians of Canada on Facebook and LinkedIn. Don't forget to use the hashtags: #NutritionMonth2026 #NourishToFlourish

1 - Celebrating Impact

March is Nutrition Month! 🌱 As a dietitian, I'm proud to support people in making informed choices that help them feel their best. Food is more than fuel. Food is connection, culture, comfort, and a pathway to flourishing.

2 - Spotlight the Role of Dietitians

During Nutrition Month, I'm celebrating the meaningful work dietitians do every day, from managing chronic conditions and navigating food challenges to supporting families and strengthening community programs. Here's to nourishing lives at every stage. ❤️

3 - Personal Commitment to Evidence-Based Care

Nutrition Month is a reminder of why I love this profession. My goal is always to provide trusted, evidence-based guidance that helps people build a positive relationship with food and flourish in their daily lives.

4 - Celebrating Food and Culture

Food connects us to our communities, our cultures, and ourselves. 🍲 ✨
This Nutrition Month, I'm celebrating the joy, diversity, and meaning behind the foods we love, and the role dietitians play in helping people nourish both body and mind.

5 - Invitation to Stay Tuned and Engaged

It's Nutrition Month! I'll be sharing tips, recipes, and reflections all month long to highlight the many ways nutrition can help us flourish. Follow along, ask questions, and join the conversation! 🗣️

Social Media Toolkit

Ready-To-Use Graphics: Share these ready-made visuals to amplify the Nourish to Flourish message in your community. Each graphic pairs with a ready-to-use caption above.

Make These Graphics Your Own: Drop in your logo to create polished, Nutrition Month visuals tailored to your audience.

Sizes:

- [Instagram](#) (1080px x1350px and 1080px x 1920px)
- [Facebook and LinkedIn](#) (1920px x 1080px)

Bonus! Choose a [banner](#) to add to your email signature.



General Social Media Tips

- 1. Post consistently throughout March:** Even 1–2 posts per week keeps you part of the national conversation.
- 2. Tag DC:** Tag us on Instagram (@dietitianscan), LinkedIn (Dietitians of Canada), and Facebook (Dietitians of Canada) so we can see your content and engage with it.
- 3. Add a personal touch:** A short story, message, or reflection from your practice builds trust and connection.
- 4. Use visuals intentionally:** Pair ready-to-use graphics with a short caption for clarity and impact.
- 5. Include a call to action when appropriate:** Examples: “Ask me your nutrition questions,” “Save this tip for later,” “Let’s talk about your goals.”
- 6. Engage with your community, don’t just post:** Respond to comments, share relevant posts, and spark conversations in your community.
- 7. Keep accessibility in mind:** Add alt text, ensure colour contrast, and avoid overly text-heavy images.



Instagram

- Use a mix of feed posts, Stories, and Reels to increase reach.
- Add interactive Story stickers: polls (“What meal brings you comfort?”), questions (“Ask me a Nutrition Month question”), sliders.
- Keep captions concise but meaningful; add spacing for readability.
- Tag partners, clinics, or community programs when relevant.
- Save your Nutrition Month posts to a Highlight.

Facebook

- Ideal for longer tips, recipes, or educational posts people can save and share.
- Use graphics to reinforce your message and increase visibility in the feed.
- Share Nutrition Month posts in community groups if appropriate.
- Make use of Facebook Events if you’re hosting a webinar, talk, or open house.

LinkedIn

- Best for professional insights, workplace initiatives, or reflections on impact.
- Keep your tone professional but warm.
- Celebrate your work or your team’s work during Nutrition Month — this platform embraces professional pride.
- Tag organizations, colleagues, and partners to increase reach.
- Share posts 2–3 times throughout March, including one around Dietitian’s Day.



Suggestions to Share Your Expertise Beyond Social Media

Extend the reach of your Nutrition Month messages by sharing your expertise in places where your clients, colleagues, and communities learn, gather, and engage.

Here are Some Ideas to Amplify Your Content

- Ask your workplace's HR or Communications team to share your articles or messages through the intranet, internal newsletters, social media channels, or communications bulletin.
- Submit an article to your community newspaper.
- Submit an article to an established blog or website.
- Ask to present at local events such as libraries, community centres, schools, health clinics, or senior groups.
- Share resources through partner organizations that may include your content in newsletters or on their websites.
- Collaborate with other health professionals who can share your materials with their clients or networks.
- Add Nutrition Month messaging to your email signature for simple, passive visibility.
- Offer a guest post or joint content piece with fitness studios, mental health organizations, cultural associations, or community food programs.
- Pitch a radio or podcast appearance with local media outlets.
- Share Nutrition Month resources in waiting rooms using posters, printed handouts, or QR codes.
- Host a Nutrition Month activity or challenge such as recipe shares, weekly food themes, or simple wellness prompts.

Tips to Amplify Your Voice

- **Introduce yourself briefly:** Share your name, your role, and the community or population you support.
- **Describe what you do in one clean, succinct line:** Focus on the value you bring or the type of support you provide.
- **Make a direct connection to Nutrition Month:** Include a short line about what Nutrition Month represents and why you participate.
- **Explain why your message matters:** Highlight why this topic is important for Canadians or your specific audience.
- **Share one actionable idea or takeaway:** Offer a simple tip, reflection, or encouragement to help people feel supported.
- **Invite further engagement:** Encourage readers to ask questions, attend an event, or follow along for more insights.
- **Keep the tone warm, clear, and accessible:** Aim for everyday language that feels welcoming and easy to understand.

Learning Opportunities

In this section, you will find...

- PEN System Spotlights
- Learning on Demand



Nourish Your Knowledge with the PEN® System!

The Practice-based Evidence in Nutrition: PEN® System supports the vital role dietitians play in providing trusted, evidence-based guidance at every stage of life. As a DC member, take advantage of unlimited access to this resource to help you stay current and confident in your practice – so you can continue to make a difference in the health of Canadians.

Explore the [PEN System](#) today! Need assistance? [Contact us](#) anytime.



Nourish Your Knowledge with the PEN® System!

Here is a taste of some of the topics in the PEN System to update you in navigating health concerns and supporting individuals to make informed choices through more than fuel.

Menopause / Perimenopause

- Learn about body composition changes and the effectiveness of protein and dietary supplements to manage symptoms during perimenopause and menopause in the [Menopause / Perimenopause Summary of Recommendations and Evidence](#)
- More detailed information on the effects of nutritional interventions on sleep can be found in this Practice Question: [Can nutritional interventions \(including dietary or herbal supplements\) improve sleep during perimenopause and/or menopause?](#)

Irritable Bowel Syndrome (IBS)

- The [Irritable Bowel Syndrome Practice Guidance Toolkit](#) provides a description of key nutrition issues and practice recommendations for supporting people with IBS following each section of the nutrition care process.
- What specific dietary strategies can help manage IBS symptoms? Check out this Practice Question: [What effect does caffeine, coffee or tea have on irritable bowel syndrome \(IBS\) symptoms?](#)

Sports Nutrition

- Have you considered the safety and effectiveness of creatine supplements in children and adolescents? Find out in this Practice Question: [Are creatine, caffeine or protein supplements safe and effective for improving exercise performance, decreasing fat mass or improving recovery after exercise in adults and children / adolescents?](#)
- Learn about electrolyte beverages and timing and composition of meals to support exercise performance in the [Sports Nutrition Summary of Recommendations and Evidence](#).

Cultural Humility

- Cultural safety, cultural competence and cultural humility are three frameworks described in the [Cultural humility Background](#). Learn about how dietetic practitioners can incorporate cultural humility approaches in this Practice Question: [How can dietitians incorporate cultural humility into their practice?](#)

Nourish Your Knowledge, Flourish in your Career with Learning on Demand (LOD) Sessions

This Nutrition Month, grow your expertise with LOD sessions designed to inspire and empower you.

Explore specific dietetic topic areas to advance your dietetics career and maximize your impact.

✨ Free for DC members from March 1-31, 2026! ✨

1. [Artificial Intelligence - Growing in the Field of Dietetics \(L'intelligence artificielle : de plus en plus présente dans le domaine de la nutrition\)](#)
Alyshia Guan, RD, MSc Student
2022; 45 minutes
2. [Indigenous Food for Health](#)
Jenni Lessard, Chef and Culinary Consultant
2022; 51 minutes
3. [Precision Nutrition - Advances and Controversies in Genetic Testing](#)
Ahmed El Sohemy, PhD
2023; 1 hour
4. [What's Your Role in Identifying and Alleviating Household Food Insecurity?](#)
Danielle Gallegos, Professor and Elena Carrillo-Alvare, PhD
2024; 91 minutes

Get Ready for Dietitians Day

Dietitian's Day is celebrated on March 18 and honours the dedication, expertise, and impact of dietitians across Canada. It's a time to recognize the essential role dietitians play in promoting healthy eating habits, supporting overall wellbeing, and providing trusted, evidence-based nutrition guidance to individuals and communities. Taking place during Nutrition Month, Dietitian's Day offers a meaningful moment to celebrate the profession, raise awareness, and connect with colleagues, clients, and communities.



Celebrate Dietitian's Day by Bringing People Together

Dietitian's Day, being celebrated this year on March 18, is a meaningful opportunity to recognize the impact of dietitians and the vital role nutrition plays in helping people flourish. Whether you're marking the day at your workplace, hosting a small gathering in your community, or organizing a larger event, bringing people together creates space for connection, learning, and appreciation. Events don't need to be big or complex to be impactful — even a simple lunch-and-learn, team celebration, or community conversation can spark awareness and recognition. To help make planning easier, we've included tools and templates you can adapt to fit your goals, capacity, and audience.

1. Event Planning Guide

Best for: Getting started and shaping your event

Use this guide to clarify your event goals, audience, key messages, and logistics. It provides a comprehensive overview of what to consider when planning an event, helping you move from idea to plan with confidence. Access our template [here](#).

2. In-Person Event Planning Checklist & Timeline

Best for: Staying organized and on track

This checklist walks you through key planning steps and suggested timelines, from early planning to post-event follow-up. It's especially helpful if you're coordinating multiple details or working with a team. Access our template [here](#).

3. Budget Tracker Templates

Best for: Managing costs and resources

Use these templates to plan, track, and reconcile event expenses. They can support conversations with your organization, help manage funding, or simply keep your event on budget. Access our template [here](#).

Member Cookbook

Participate in and
download the DC
Member Cookbook!



DC Member Cookbook

Contribute or explore favourite recipes from dietitians across Canada, highlighting creativity and nutrition expertise.

As part of Nourish to Flourish, DC is excited to invite members to take part in a fun and tasty tradition—the DC Recipe Cookbook.

Nutrition Month celebrates the creativity and expertise of our community, and this cookbook is a great way to showcase the diverse recipes that nourish and inspire us. Whether it's a family favourite, a cultural dish, or a go-to recipe you love to share, we'd be thrilled to include it.

Please submit your recipe through the JotForm link below by January 30, 2026.

Submit your recipe [here](#).

This member showcase cookbook will be released on March 2, 2026 as part of our official campaign kick off!



**HAPPY
NUTRITION
MONTH 2026!!**

