



## Nutrition Month Junior/Senior High School Announcements

March is Nutrition Month™ and this year's theme is *Unlock the Potential of Food* which helps Canadians better understand the potential of food to fuel, prevent, heal and bring us together. Nourish Nova Scotia supports the health and learning of Nova Scotia's children and youth, and has created this **School Announcement Resource** to help schools promote Nutrition Month™ to students and staff during the month of March. There are 20 tips in total, (and less teaching days in the month), so pick and choose the ones that suit your school population best.

Check off what you've read	Nutrition Month Tips
	March is Nutrition Month! Each day in March we will be reading a nutrition fact provided by Nourish Nova Scotia. Follow along as we learn more about unlocking the power of food.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia. Did you know protein is found in foods other than meat? Vegetable sources of proteins like 100 grams lentils has the same amount of protein as 100 grams of steak.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Healthy food choices are very important to our Canadian Olympic athletes. You too can eat like a champion by incorporating more fruits and vegetables, whole grains and lean protein into your next meal.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Lentils are a type of pulse, like beans or chickpeas. They are an excellent source of fiber and protein. Canada is one of the largest producers of lentils in the world. Eating lentils is good for you and the environment!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Over half your body is made up of water. Your body loses water all day through exercising and breathing. Make sure to drink plenty of water every day!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Water keeps your mind alert! Keep your water bottle close or stop by the fountain to hydrate throughout the day.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Milk strengthens your bones, but not all milk is created equal. Did you know chocolate milk has 3.5 teaspoons of added sugar per cup? Go for white milk instead!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Watch out for high sugar drinks such as pop, juice and energy drinks, they provide a lot of sugar and/or caffeine that can make you crash. Choose healthy drinks like white milk and water more often.

	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Be aware of what you're drinking! A glass of juice, pop, or energy drink can have between 8-14 teaspoons of added sugar. Drinking a glass of water or eating a whole fruit is a healthy way to hydrate!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... It's recommended to eat 7-8 servings of fruits or vegetables every day. Our school breakfast program is a great place to start!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... A healthy breakfast helps fuel you for the day. We are serving _____ at the breakfast program tomorrow. Stop by and grab yours!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Some foods travel far for you to eat. A banana can travel over 4300 km from Costa Rica while a Nova Scotia apple only travels 100 km. Choosing apples or fruits that are grown locally is better for you and the environment.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... There are over 40 different kinds of apples grown in Nova Scotia and available year round. Choose a local apple for your next snack!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Growing your own food is fun and rewarding. It can be as easy as growing herbs on a windowsill, tomatoes in a container or planting a row of carrots in the ground.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Sharing a common meal with family and friends is good for your health. Enjoy a meal with your family this week. Turn off your TV, phones, computers and any other distractions.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Eat a variety of foods each day from the four food groups in Canada's Food Guide's. The food groups include fruits and vegetables, milk and alternatives, grain products, and meat and alternatives.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Vitamin A in orange fruits and vegetables helps with eye health. This can help you to see well at night. Try to eat one orange fruit or vegetable a day.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... You are what you eat. Foods that are rich in vitamins and minerals are essential to build your healthiest body and mind.
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... To be the healthiest you can be, start by adding one more fruit or vegetable a day. Soon you'll reach your recommended 7-8 servings per day!
	Today's Nutrition Month tip is brought to you by Nourish Nova Scotia ... Being healthy is about enjoying the life you are living. Take pleasure in eating food, make healthy choices and you'll feel good and have lots of energy.