



# Celebrate Nutrition Month 2016!

Take a 100 meal journey.  
Make small changes one meal at a time.



Use a tip each week in the month of March to make small and meaningful changes within your school community.

Tip #1

## Jump-start your day! Power through your morning by eating a healthy breakfast.

Eating a nourishing breakfast gives students fuel to work through their day.

Create healthy breakfast habits! Here are some ideas:

- A healthy breakfast should include at least three out of four food groups from [Canada's Food Guide](#).  
Examples of some quick and easy breakfast ideas include:
  - half a whole grain bagel topped with cheese and tomato
  - breakfast burrito made with a whole wheat tortilla, scrambled eggs and cheese
  - smoothie using fruit and yogurt or milk, paired with a homemade muffin
- Check out the [Bake It Up!](#) resource for recipes. Make your own homemade muffins or breakfast bars that adhere to the [School Food and Beverage Policy](#).
- Try making Chocolate Banana Breakfast Bars from the [Bake It Up!](#) resource.

## Have a school-wide super smoothie event!

Ask your public health nurse for the Fruity Fun Smoothie handout for delicious smoothie ideas that adhere to the [School Food and Beverage Policy](#).

Tip #2

## Swap your sip! Choose water instead of sugary and creamy drinks.

The best choice for quenching thirst is water!

Add some zing to your water with:

- lemon or lime slices
- veggies or fruit, such as cucumber or strawberry slices
- fresh mint leaves

Get the scoop on sugary drinks, by reading [Sugary Drink Sense](#) by the Dietitians of Canada.

## Promote healthy beverages in your school!

Ask your public health nurse about the What's Your Favourite Drink? tool, which is an interactive resource with trivia questions and visuals about beverages.



Tip #3

**Stay energized! Treat your taste buds with healthy snacks between meals.**

- Aim to have a snack with one or more food groups from [Canada's Food Guide](#).
- Pack easy, energy-boosting snacks such as whole grain mini pitas and hummus or slices of apple and cheddar cheese. For more snack ideas, visit [Eat Right Ontario](#).
- Try some delicious snack recipes from pages 29 – 31 in the [Bake It Up!](#) resource that adhere to the [School Food and Beverage Policy](#).

**Promote healthy eating that goes beyond school!**

Check out [Eat Right Ontario's Quick Meals and Snacks for After School](#).

Use these tips and recipes in your next newsletter or school community event.

Tip #4

**Clever cooking! Flavour food with tangy citrus, fresh herbs and fragrant spices.**

There are a lot of simple ways to cook healthy food without sacrificing taste.

Try these tips to add flavour to meals:

- Add pizzazz to plain grains and pulses by cooking barley, brown rice or lentils in low-sodium broth.
- Stir ½ to 1 cup canned pumpkin or mashed sweet potato into muffin batter for a veggie boost.
- Make a luscious mashed potato with roasted garlic, a little olive oil and warm milk.
- Puree vegetable soups, such as potato, sweet potato or broccoli, with low-sodium broth for a deliciously creamy texture and taste.

**Get your kids cooking!**

Share the Dietitians of Canada's [Making Cooking a Family Affair](#) factsheet with your school community.

Tip #5

**Change your eating environment. Add healthy cues, like a bowl of fresh fruit at the cafeteria checkout line or in the main office.**

- Look around your school environment to find ways to promote healthy food choices.
- Have fresh fruit in the cafeteria to help make healthier choices easier for students.
- Offer a “trade a snack” basket in the office for students to exchange a snack for a healthier option, like fruit.
- Encourage students to keep a reusable water bottle at their desk, so they are ready to sip water instead of sugary drinks.

**Add healthy eating cues to mobile devices!**

Get support from these three dietitian-designed apps: eaTracker, Cookspiration and eaTipster.

To download these apps, visit the [Dietitians of Canada](#).

