

## March is Nutrition Month! Make a Change: One Meal at a Time

Nutrition Month is an excellent time of year to highlight healthy eating in your classroom and school. The Alberta Health Services theme this year is **Make a Change: One Meal at a Time**. There are 5 weekly Themes in this year's campaign:

### Week 1: [Healthy Meals Starting Simple](#)

- With simple steps make changes one meal at a time
- Small changes can produce big results

### Week 2: [Boost Your Breakfast with Fibre and Protein](#)

- Choose higher fibre foods at breakfast
- Add a protein choice to your breakfast

### Week 3: [Make Healthy Lunch a Habit](#)

- Plan ahead and pack your [lunch](#)
- Get your children involved to help plan and prepare their lunches

### Week 4: [Dish up a Healthy Dinner Plate](#)

- Use the [Eat Well Plate](#) to build a healthy dinner meal
- For quick and healthy meal ideas, choose 3-4 food groups from the [Canada's Food Guide](#)
- [Cooking Without Salt](#) is another change you can make to eat healthier

### Week 5: [Enjoy Your Meal Experience](#)

- Make your meal the focus of your attention
- Slow down and take the time to enjoy your meal
- Avoid distractions and make meal times a screen-free zone



Share and enjoy the materials at our [Nutrition Month webpage \(www.ahs.ca/NutritionMonth\)](http://www.ahs.ca/NutritionMonth) to support Nutrition Month promotion in your school, in your classroom and with parents including:

- [Weekly Tip Sheets](#): Weekly key messages to post or share
- [Nutrition Month Posters](#): Choose one or more
- [Display Materials](#): Create a weekly display
- [Enjoy Your Meal Experience](#): A new 1 page resource
- [Conversation Cards](#): Fun and engaging question cards to use at meals
- 5 [Weekly Emails](#): short email you can forward based on the weeks' theme
- Try some delicious recipes from our [Inspire Healthy Eating](#) collection



## March is Nutrition Month! Make a Change: One Meal at a Time

### Classroom Connections

Nutrition Month is an excellent time of year to highlight healthy eating in your classroom and school. The Alberta Health Services theme this year is Make a Change: One Meal at a Time. With our busy lifestyle and an abundance of packaged or fast food, some kids may not be learning how to prepare healthy meals or snacks.

Get kids started with the essential ingredients – knowledge of healthy food choices and basic cooking skills.



Try out some of the activities in the [Cooking Club Manual](#) which provides a hands-on opportunity for students to learn about healthy eating and valuable cooking skills.

For example:

### Lesson Plan Two: Canada's Food Guide

- **Lesson plan:** Canada's Food Guide Discussion Questions and Food Journal
- **Recipes:** Rainbow mini pizzas

### Lesson Plan Five: Label Reading (Breakfast)

- **Lesson plan:** Know Your Facts! (use the discussion questions on the health benefits of breakfast with a label reading activity using breakfast cereal examples).
- **Recipes:** Green Granny Pancakes and Fruit Puree & Yogurt Topping.

### Lesson Six: Cooking and Eating Together

- **Lesson Plan:** Cooking and Eating Together Discussion Questions
- **Recipe:** Bean and Corn Quesadillas

For more ideas for your classroom or school food environment, contact Shelley A Cooper, RD at [shelley.a.cooper@ahs.ca](mailto:shelley.a.cooper@ahs.ca).

