



March is Nutrition Month!

Activity Ideas for Schools

We want to encourage young people to *Unlock the Potential of Food* by trying new flavours, learning about food and where it comes from, helping out in the kitchen and enjoying meals with friends or family. Here are some ideas to help your school celebrate and promote healthy food habits this March.

Activities for Students

The Potential to Discover

Food and Nutrition can be used to help teach math, science, spelling, reading, health and other subjects. Use [Teaching Nutrition in Saskatchewan](#) to help link curriculum outcomes with important nutrition lessons. (Resources developed in Saskatchewan to help support educators. Currently available for grades 1 to 7)

International Theme Days

Have international theme days in your school. Encourage children to learn about other cultures and their traditional foods. If possible, allow children to sample dishes from around the world.

Have students plan a healthy snack or meal for their family

A snack should include 2 food groups and a meal should include all 4 food groups from [Canada's Food Guide](#). Depending on the students' age, have them write a list of the ingredients and the recipes needed to prepare the snack or meal. Teach students how to read a recipe and have them look through cookbooks. Try the recipe app [Cookspiration](#) for healthy and tasty recipe ideas!

Hold an art, creative writing, or photo contest on gardening, shopping, cooking, or eating together.

Award the winner some colourful kitchen utensils that can be used at home.

Host a Tasty Tuesday or Fruity Friday

Offer bite-sized samples of unfamiliar vegetables and fruit to show students some tasty new options.

Start growing herbs in your classroom

Apply for a [Little Green Thumbs](#) grant and they will set you up with everything you need to get started!

Involve Parents or Caregivers

Encourage families to have a family cooking challenge at home

Each family member picks a *new* recipe they would like to try. Over a week or a weekend, each family member makes their chosen recipe (with the help of adults as needed). Enjoy the meals together!

Include the School Nutrition Poster in your newsletter or on your website

Nutrition posters for Nutrition Month are available from your Public Health Nutritionist. You can also access Nutrition Month Fact Sheets for parents at [dietitians.ca](#).

Quick and easy recipe ideas

Have parents submit healthy "tried, tested and kid approved" recipes and put them in your school newsletter or on your website throughout the year.

Advertise that March is Nutrition Month on your school sign

Encourage parents to cook with their children and eat dinner as a family.

Thank you and Happy Nutrition Month!

