

# MONTHLY ANNOUNCEMENT RESOURCE GRADES 6-12

## NUTRITION MONTH – MARCH 2026



### Announcement #1:

March is Nutrition Month! Nutrition plays an important role in helping us to stay focused, energized and healthy. Nutrition can also help to prevent some illnesses over time. This month, we'll be sharing practical ways to take care of your health by building balanced eating habits and enjoying a variety of foods. Challenge yourself to try a new food or recipe this week!



### Announcement #2:

Eating mindfully means taking the time to savour foods and paying attention to how your body feels. Try eating your meals away from screens, slowing down while eating and noticing hunger and fullness cues. Eating when you're hungry and stopping when you're comfortably full can support your overall well-being. Sharing meals with friends or family can help you to do this by staying present and mindful during mealtimes.



### Announcement #3:

Eating with others is an important way to stay connected, try new foods and support our mental health. Sharing meals can also help us to learn about different cultures and traditions. It's a chance to slow down, talk with friends or family and enjoy each other's company. To practice eating together, try sharing a snack with a friend, joining someone for lunch or eating dinner together with your family.



### Announcement #4:

All foods can be a part of a balanced diet. Instead of calling foods "good" or "bad", try naming them what they are like apple, ice cream or carrot. Eating a variety of foods from many food groups such as fruits, vegetables, dairy, meat and whole grains helps us to consume enough vitamins, minerals, fiber, protein and healthy fats. These nutrients support brain function, muscle growth and immunity among other things.



### Announcement #5:

Bodies come in all shapes and sizes, and every body deserves respect. Avoid judging yourself or others based on appearance and instead, be thankful for what our bodies can do, such as moving, learning, and creating. Regular physical activity supports both physical and mental health by strengthening muscles, improving cardiovascular fitness, and boosting mood. Try to move in ways that you enjoy such as yoga, dance, walking or sports.



### Announcement #6:

Preparing meals is a great way to learn practical skills and experiment with different flavours and cuisines. Cooking skills can support long-term health and independence as they help you to make informed food choices and cut costs by eating at home. Start by learning in the kitchen alongside someone you trust, and with time you can develop the skills you need to cook safely and confidently.

