Dear staff:

March is National Nutrition Month. This month, we will be focusing on healthy eating in the workplace. There will be a lunch and learn session with (either community nurse or community dietician) on \_\_\_\_\_\_(insert date here). (You will have to organize this in advance. Kim Hickman is the community dietician and she can be reached at [kim.hickman@gov.yk.ca](mailto:kim.hickman@gov.yk.ca) or 867-456-6160. She can do community visits and workshops on nutrition for free!)

We will also be collecting healthy recipes all month and compiling them into a staff cookbook. Please send me your healthy recipes….as many as you want!! Please make sure they are in Microsoft Word format. The cookbook will be put together and saved in PDF format. Completed cookbooks will be sent out to all staff in April.

I am attaching a poster of snack ideas of food that contain 100 calories or less and also the ‘healthy food plate’ poster which visually shows the proportions of what a well-balanced meal should look like.