



## Nutrition Month 2014 offers a little help getting dinner on the table!

Not enough hours in the day? Household budget getting tighter? Cooking for one or two? Wonder how you can get your kids to eat healthier? These are very real daily challenges faced by tri-county residents. Nutrition Month is coming up. Throughout the month of March the Health Unit and Dietitians of Canada will be providing tips and links to help get dinner on the table using real food and cooking basics.

Canadians are cooking less. Using prepared foods can lead to a diet too high in added fat, salt and sugar. This will affect the current and future health of all age groups. We could all benefit from kitchen role models to help keep healthy. One way to accomplish this is by including others in everyday activities such as getting dinner on the table.

Registered Dietitian, Marie Traynor RD encourages, "No matter your age, preparing healthy food at home or with family and friends helps to manage time, encourage creativity, improve food budgets, learn and share important life skills, reinforce school lessons, and experience different tastes, colors and textures. Cooking at home can make everyone feel good about the food they prepare."

Throughout March visit the Nutrition Month 2014 page at [www.healthunit.org](http://www.healthunit.org) and Dietitians of Canada at [www.dietitians.ca](http://www.dietitians.ca) for ideas, tips, videos and information to help meet the challenges of home cooking. You can also like the LGLHealthUnit Facebook page for important public health updates. If you don't have access to the internet, you can call 1-800-660-5853.

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