

Leeds, Grenville & Lanark District Health Unit

MEDIA RELEASE

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Nutrition Month 2015 Inspires Healthy Eating 9 to 5!

It's no surprise that eating well at work can help boost concentration, productivity and overall health and vitality. Nutrition Month 2015 is designed to inspire Canadians to eat better at work and make other positive changes for a healthier workplace and nutrition environment.

There are five common challenges workers report facing when it comes to nutrition:

- Rushed Mornings
- Meetings, Events and the Workplace
- Lunchtime
- Mid-day Slump
- Commuter Cravings

Whether your work is nine to five, shift work, or at home, there are steps you can take to eat better at work. All month long, the Leeds, Grenville and Lanark District Health Unit will be providing evidence-based food and nutrition information, practical tips and fresh ideas to encourage better eating at work.

"Staying hydrated with a reusable water bottle and bringing your own snacks to avoid relying on convenience options are good strategies", says Registered Dietitian and Public Health Nutritionist, Jennifer MacPherson, "Whenever possible, taking time from work to enjoy a meal in the company of others can also be a great place to start".

For inspiration on eating better at work and making other positive changes for a healthier workplace and nutrition environment:

Visit the Nutrition Month 2015 page at www.healthunit.org

Dietitians of Canada at www.dietitians.ca

For important public health updates, you can like the LGLHealthUnit Facebook page, you can now follow @LGLHealthUnit on twitter or call 1-800-660-5853.

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