

MARCH

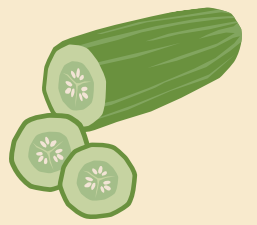


IS NUTRITION MONTH!



ON MARCH 7TH JOIN THE GREAT BIG CRUNCH CHALLENGE!

Crunch and munch all month.
[#2024GREATBIGCRUNCH](#)



EAT A VARIETY OF HEALTHY FOODS EACH DAY

Explore Canada's Food Guide for healthy eating tips and resources.



TRY NEW RECIPES

Click here for [3 ingredient dinners](#) that are simple, healthy and affordable!

OFFERING GOOD FOOD CHOICES WILL HELP YOUR FAMILY MAKE GOOD FOOD CHOICES



GARDEN

Grow your food, to know your food!



DRINK WATER!

Water is absolutely crucial for every system in your body.

