





FOR IMMEDIATE RELEASE

## SMALL CHANGES TOWARD A HEALTHY LIFESTYLE!

**Kuujuaq, March 5, 2016** – Throughout the month of March, the Nunavik Regional Board of Health and Social Services (NRBHSS) invites all *Nunavimmiut* to adopt a healthier lifestyle by making small changes to their eating habits. It could be by adding an extra portion of vegetables to dinner, preparing bannock with oil instead of lard or reducing pop consumption. Each small change counts and will affect your health and well-being. A new habit usually takes 21 days to become part of the routine, so take advantage of this month dedicated to nutrition and the longer hours of sunshine for motivation, and find a little something extra to do to make your lifestyle healthier.

To help everyone in their quest to celebrate healthy nutrition, the NRBHSS would like to encourage all local organizations to apply now for funding to organize community-based activities during nutrition month. Community groups, health workers, schools, youth centres, etc., all are invited to submit their forms. There is a maximum funding of \$1 000 per community, so get together and plan a fun, community-wide activity. Any event underlining the importance of healthy eating and country food is eligible. For more information, please check the information contacts below.

Activities could be but are not limited to:

- Cooking activity (involving parents, children, youths, elders, etc.);
- Inviting an elder or any experienced person to prepare country food and share their knowledge;
- Community meal focussed on the pleasure of eating well;
- In-store nutrition activities;
- Cooking show on the radio;
- School and childcare-centre activities.

“Let’s rediscover the pleasure of eating well surrounded by our loved ones,” announced Dr. Françoise Bouchard, Acting Director of Public Health for Nunavik. “We also encourage all *Nunavimmiut* to feast on country food on March 31, the 2016 official **Country Food Day**; country food is essential for a healthy lifestyle.” In collaboration with Tasiurvik Family House, a regional training session on nutrition and community cooking will also be held in Kuujjuaraapik with community liaison wellness workers, community-kitchen coordinators and family-house staff from all 14 communities.

*The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire Québec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services  
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