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WATER AND TRADITIONAL FOODS AT HEART OF NUTRITION MONTH 2024

Kuujuuaq, March 1st, 2024 – For Nutrition Month 2024, the Nunavik Regional Board of Health and Social Services (NRBHSS) is encouraging Nunavimmiut to adopt healthy eating habits and take part in activities organized in their communities for Traditional Food Day on March 28.

This year's theme for Nutrition Month is Imatsiaq! highlighting the importance of water in a healthy, balanced diet. Water is the best choice for staying hydrated and looking after your health, which is why the NRBHSS stresses the need to consume enough of it. World Water Day is celebrated every year on March 22.

Traditional Food Day (March 28) will be dedicated to celebrating foods from the Nunavik region. It's an opportunity to showcase traditional knowledge of local, nutrient-rich foods from the North.

The NRBHSS Food Security and Nutrition team encourages each community to organize community activities during the month of March. If you already have a nutrition/food security funding agreement with the NRBHSS, you can dedicate a portion of the funds to these activities. If not, write to foodsecurity.nrbhss@ssss.gouv.qc.ca to find out more about funding opportunities to organize a community activity as part of Nutrition Month.

To find out more about Nutrition Month, visit the NRBHSS website: <https://nrbhss.ca/en/nutrition-month-and-traditional-food-day>

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55th 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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