

NEWS RELEASE

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DISCOVER THE POWER OF FOOD DURING NUTRITION MONTH

Kuujjuaq, March 1, 2019 – Choosing minimally transformed foods more often, including traditional foods, contributes to maintaining good health. In March, during the campaign of Nutrition Month and Traditional Food Day (March 28) with the theme "Discover the power of food," the Nunavik Regional Board of Health and Social Services (NRBHSS) invites all Nunavimmiut to highlight the positive effects of eating, sharing and trying delicious foods that are good for our health and well-being.

To encourage organization of community activities centred on healthy nutrition and traditional foods, the NRBHSS is offering funding of up to \$1 000 per project. Persons responsible for community-kitchen initiatives as well as health workers, schools, day-cares and youth houses are invited to apply for funding by filling out the financial application form available online on the regional board's Web site and returning it by March 20, 2019. "Preparing and sharing a meal with family or friends is a good way to discover new foods, enjoy yourself and improve your nutrition," stated Dr. Marie Rochette, Director of Public Health at the NRBHSS.

Ideas and resources to help organize an activity as well as several other tools, recipes and information on nutrition are available on the NRBHSS' Web site.

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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