

HEALTH PROMOTING SCHOOLS

Nutrition Month 2026 - Nourish to Flourish

HEALTH NOTE FACTS:

This year's Dietitians of Canada Nutrition Month theme is Nourish to Flourish. Each year Nutrition Month serves as a reminder that the foods we eat (and how we eat them) play an important role on our physical and mental health. Eating a variety of foods featured within Canada's Food Guide can help us to feel our best so that we can be our best selves in settings such as school, sports, work, and time with loved ones.

Nutrition is not just about the foods that we eat. It is about how we engage with foods and eating. In this year's Nutrition Month Health Note we will provide you with a handful of tips to support your child's nutrition.

RESOURCE LINKS:

- [Canada's Food Guide](#)
- [Healthy Eating at School](#)
- [Healthy Eating on a Budget](#)
- [Eat Better Spend Less Resource](#)
- [Mindful Eating](#)
- [Tips to Help Your Child Have a Positive Relationship with Food and their Body](#)
- [Serving Up Success; Feeding Roles](#)
- [Body Image Resources & Activities](#)
- [Cooking with Kids](#)
- [Community Resources](#)

Additional Tips:

- Practice mindful eating and encourage your child to do the same by staying screen-free at mealtimes, eating together, avoiding rushing at mealtimes and listening to hunger and fullness cues.
- Talk about food in a positive way. The language we use when talking about food and eating can influence our relationships and our children's relationships with eating. Call foods by their name rather than labelling foods as good, bad, treats, or junk foods.
- Respect feeding roles. The child decides if they will eat and how much. The adult decides what food will be offered along with when and where it will be offered.
- Promote positive body image in children by encouraging them to be grateful for what their bodies can do, to move their bodies in ways that are fun and to show respect to all bodies.
- Involve children in food preparation to develop their cooking skills. This can help them to build confidence and learn skills that will support their health long-term. Start slowly with simple recipes at times when you aren't in a rush. It takes time to learn new skills, and patience is key!
- Reach out to community supports if you need them. There are a variety of services available in our community that can help to support you and your family to receive the food that you need.