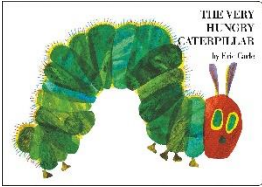


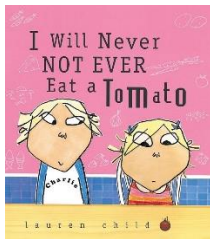
READING SUGGESTIONS FOR NUTRITION MONTH

The Very Hungry Caterpillar, Eric Carle (ages 2-7)



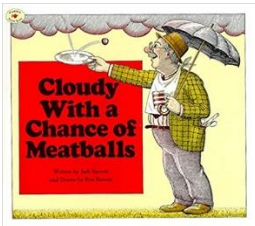
In this all time classic, the very hungry caterpillar literally eats his way through the pages of the book. He then nestles into a cocoon for two weeks and emerges a beautiful butterfly.

I Will Not Ever Never Eat a Tomato, Lauren Child (ages 4-8)



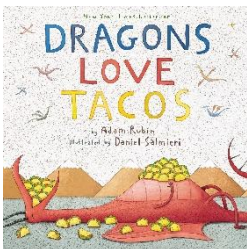
Lola is a fussy eater. She won't eat her carrots until big brother Charlie reveals that they are orange twiglets from Jupiter. There are many, many things Lola absolutely will not eat, including - and especially - tomatoes. Or will she?

Cloudy With a Chance of Meatballs (ages 4-8)



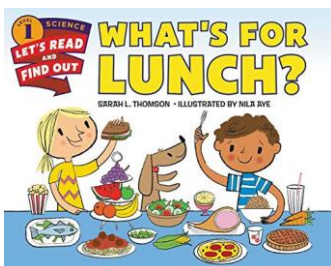
The tiny town of Chewandswallow was very much like any other tiny town—except for its weather which came three times a day, at breakfast, lunch, and dinner.

Dragons Love Tacos, Adam Rubin (ages 2-7)



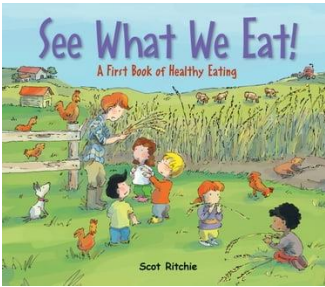
Dragons love tacos. So, if you want to lure a bunch of dragons to your party, you should serve tacos. Unfortunately, where there are tacos, there is also salsa. And if a dragon accidentally eats spicy salsa . . . oh, boy. You're in red-hot trouble.

What's For Lunch? Sarah L. Thomson (ages 4-7)



Your body needs lots of different things to eat, and every kind of food has a different job to do. Did you know drinking milk makes your bones strong or that eating carrots helps you see better? Read and find out about the different kinds of food we eat and how to fill up your plate to keep your body healthy.

See What We Eat! Scot Ritchie (ages 4-7)



Learn where fresh food comes from and why healthy eating matters. Yulee and her four friends are taking a trip to her aunt's farm to pick apples and make an apple crisp for a potluck harvest dinner. Yum! But first, Aunt Sara gives them a tour of the farm, where each stop introduces a different food group. Along the way, they learn about what it means to eat balanced meals, why eating local food matters and all that goes into getting food from farm to table.

Find additional resources:

<https://www.unlockfood.ca/en/NutritionMonth.aspx>



Ingredients for a Healthier Tomorrow

Your future is healthy! This March, dietitians across Canada are coming together to share how they can support you and make your future a healthier one. From food security to food literacy and food sovereignty, to sustainable food choices, and nutrition care and prevention, dietitians from across Canada are unlocking the potential of food and doing their part to create a healthier tomorrow. Get involved! Download the resources below to find recipes, activity ideas, suggested resources, and story ideas for newsletters, social media, presentations, articles, local media, and more! Questions? Contact nutritionmonth@dietitians.ca