

Nutrition Promotion

Week



Nov. 14th through Nov. 18th

- **Displays available at lunch time!**
 - **Come talk about nutrition!**
- **Learn how to pack a healthier lunch!**
- **Learn about healthy snack options!**
 - **Try some healthy snacks!**
- **Come see how much sugar, fat, and salt there is in junk foods and beverages!**
 - **Talk to a dietary professional!**



Nutrition Promotion Week

Student Schedule (Nov. 14-17):

Monday – Lunch packing display with a 4th Year Nutrition student from the University of Prince Edward Island! Healthy snacks to sample (donated by Sobeys).

Tuesday – Lunch packing display will be available again with the dietitian from Superstore! Healthy snacks to sample (donated by Superstore).

Wednesday – The WHOA and Rethink your Drink displays will be available with a Public Health Dietitian. Healthy snacks to sample (thanks to Birchwood Staff).

Thursday – The WHOA and Rethink your Drink displays will be available with a Public Health Dietitian again. Healthy snacks to sample (thanks to Birchwood Staff).



Nutrition Promotion Week

Parent Schedule (Nov.17 & 18):

Thursday - The WHOA, Rethink Your Drink, and Packing a Healthy Lunch displays will be available from 6pm to 8pm during Parent-Teacher interviews with a 3rd Year Foods & Nutrition student from the University of Prince Edward Island. Healthy snacks and information handouts will be available (thanks to Birchwood Staff).

Friday - The WHOA, Rethink Your Drink, and Packing a Healthy Lunch displays will be available from 9am to 12pm during Parent-Teacher interviews with the Superstore Dietitian. Healthy snacks and information handouts will be available (donated by Superstore).