



Celebrate food...

...from field to table!

Dietitians of Canada
Les diététistes du Canada

eat well
manger mieux

live well
c'est meilleur

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How to... Celebrate food... from field to table!

Dietitians of Canada's National Nutrition Month Campaign 2010 invites Canadians to celebrate food – right from where it's grown and harvested all the way to delicious and healthy food on our tables. Here are some great tips to help you in your celebration. Dietitians are your trusted source for nutrition and healthy eating advice.

...In your community

- **Start, support or get involved** with local community garden projects to grow fresh fruits, vegetables and herbs
- **Work with your local school board** to create ways to showcase local foods either in the classroom or in the school cafeterias
- **Ask your grocery store** to carry more local foods.



...At the farm or farmers market

Learn from a farmer

- What foods grow well in your area
- How their food products are raised or grown; for example, ask how chickens, hogs and cows are fed, crops are harvested and cheese is made
- What it's like to live and work on a farm; ask them what time they get up in the morning and go to bed at night!
- What they do to keep their soil healthy and the land sustainable.

Take your kids to the market

Let them choose a new food item each month. Talk to the farmer about ideas of how to prepare it. Check out Dietitians of Canada's latest cookbook, *Simply Great Food* at www.dietitians.ca/eatwell, for ideas on how to use foods that are 'new to you'.

Enjoy seasonal foods year round in your community

For example in many parts of Canada:

- lettuce, asparagus and fiddleheads are plentiful, fresh and affordable in the spring
- strawberries grace the fields in June
- peaches, beans and corn hit the shelves in August, and
- apples, root vegetables and squashes are plentiful starting in October and November.

Be sure to bring your own clean, reusable shopping bags!

If you're buying meat or other perishable foods, be sure to bring a cooler to keep it safe.

Thank a farmer for providing healthy, nutritious foods.

For more information about Nutrition Month, visit www.dietitians.ca/eatwell. Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.

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...In the grocery store

- **Remember that many nutrient-rich foods like fresh fruits, vegetables and meats don't require nutrition labels.** For example, beef and chicken (except ground products) may not have a label on the package, but they provide many nutrients. Likewise, fruits and vegetables provide a vast array of many vitamins, minerals and fibre. If you want to know the various nutrients in foods that don't have labels, check out www.EATracker.ca
- **Compare the cost of fresh produce to frozen or canned;** it may be cheaper to buy frozen or canned at certain times of the year

- **Become a label reader to help you make healthy choices**

Did you know... the percent daily value (%DV) on the Nutrition Facts table can help you compare foods to see if there is a 'lot' or a 'little' of a nutrient in the food item? For example, from the Nutrition Facts table, a serving (1 tbsp or 15 mL) of light cream cheese provides only 2 %DV of calcium – a 'little' calcium; whereas a serving (1 cup or 250 mL) of milk provides 30 %DV of calcium – a 'lot' of calcium.

- **When looking at the Nutrition Facts table, be sure to check the serving size!**



...At home

- **Plant a garden in your backyard,** grow cherry tomatoes, lettuces and other veggies in pots on your terrace or grow herbs on your windowsill
- **Preserve the fresh taste and nutrients of the local harvest by canning or freezing items.** You can make delicious jams, salsas, chutneys, sauces, soups and a whole host of other items
- **Get the kids involved in preparing food for the family.** If they take part in the selection and cooking of foods, they are more likely to eat it. The little ones can help to wash foods, measure and mix ingredients and set the table; older children can help to chop, stir-fry, bake and of course, everyone can help with clean up! Cooking is a valuable life skill. Learn together and pass it on.

...At your table

- **Talk with your family about food traditions from the past.** Decide which you want to use with your family or create new meaningful food traditions to pass down to your children
 - **Make the effort to eat together as often as possible.** Talk about the food you're eating. How does it taste? Where do you think it comes from? How was it raised or grown?
 - **Have a conversation about growing tomatoes in space!** That's right – check out www.tomatosphere.org
 - **Talk about ways that we can all be gentler to the earth** to help it keep producing food for families for centuries to come
- And finally, keep www.dietitians.ca/eatwell as a bookmark on your computer. Check out the Nutrition Month section for links for more information. Dietitians are your trusted source for nutrition and healthy eating advice.

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