**#10 – March is Nutrition Month**

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| March is **Nutrition Month!**Healthy eating begins here most consumers purchase much of their food – the grocery store. Yet this is also where they are faced with a multitude of choices. This year’s**Nutrition Month** Campaign*– Best Food Forward: Plan Shop Cook Enjoy! –*is dedicated to serving up practical advice on navigating the grocery store from dietitians, the food and nutrition experts*.* |   |
| To celebrate Nutrition Month we encourage you and your family to participate in the [*31 Day Wellness Challenge!*](https://exchange.nbed.nb.ca/owa/redir.aspx?C=E-SYDu-WTk63ViHsNyD5Q4IUMfhv888IWY1GzwQ8dlAPEIWJkLseVitHhUW2alBXQ8qqo_B7Rpw.&URL=http%3a%2f%2fintranet.gnb.ca%2fwellness%2fdocuments%2fNutrition_Month-Challenge_Calendar_NB-2013-EN-(Final).pdf)Register on [My Wellness World](https://exchange.nbed.nb.ca/owa/redir.aspx?C=E-SYDu-WTk63ViHsNyD5Q4IUMfhv888IWY1GzwQ8dlAPEIWJkLseVitHhUW2alBXQ8qqo_B7Rpw.&URL=https%3a%2f%2fwww.healthycommunity.ca%2fCWS%2fDefault.aspx), or [click here](https://exchange.nbed.nb.ca/owa/redir.aspx?C=E-SYDu-WTk63ViHsNyD5Q4IUMfhv888IWY1GzwQ8dlAPEIWJkLseVitHhUW2alBXQ8qqo_B7Rpw.&URL=http%3a%2f%2fintranet.gnb.ca%2fwellness%2fdocuments%2fNutrition_Month-Challenge_Calendar_NB-2013-EN-(Final).pdf) to participate manually and be eligible to win some great participation prizes!  For more information contact[Danika.collas@gnb.ca](https://exchange.nbed.nb.ca/owa/redir.aspx?C=E-SYDu-WTk63ViHsNyD5Q4IUMfhv888IWY1GzwQ8dlAPEIWJkLseVitHhUW2alBXQ8qqo_B7Rpw.&URL=mailto%3aDanika.collas%40gnb.ca). |  |

Create a Nutrition Poster.

Headlight the information from above on the poster.

Include the websites or links above so people can surf if they’d like to!!

Due on Friday, March 15th, 2013