



Welcome to Nutrition Month at Sysco Canada!



Kaitlin Chard, RD, MAN
Nutrition Services Consultant

March is Nutrition Month! Every year Dietitians of Canada leads a month-long campaign celebrating nutrition, health and the important role dietitians play in supporting healthy living for all Canadians. This year's Nutrition Month theme emphasizes that there is no 'one-size-fits-all'

approach to healthy eating and will explore how culture, food traditions, personal circumstances and nutritional needs all contribute to what healthy looks like for you.

Leading Sysco Canada's Nutrition Month campaign is our Nutrition Services Team—consisting of registered dietitians and culinary experts. The Nutrition Services Team offers insight on trends, research, and best practices for nutrition in foodservice.

Some of the services provided by this team include:

- Custom menu and recipe development for healthcare and senior living customers using Synergy Tech Suite
- Nutrition publications
- Educational resources
- Product insights and ideation
- Presentations and more!

Follow @SyscoCanada on Instagram, Facebook and LinkedIn for all of Sysco's Nutrition Month content.

Throughout the month we will provide helpful tips & information on various nutrition topics such as Intuitive Eating, how to stay nourished at home and work, and much more.

You can also look forward to some special events throughout the month including Dietitians Day on March 17th, a live Sysco Virtual Kitchen on March 23rd and our Nourishing Conversations series on March 25th.

Stay tuned for event details and join us for some fun and interactive sessions.

We look forward to celebrating Nutrition Month with you and helping YOU find YOUR healthy!

GOOD FOR YOU!

Dietitians Help **You** Find **Your** Healthy



NutritionMonth2021.ca

