

Welcome to Nutrition Month 2022 at Sysco Canada!



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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 is *Ingredients for a Healthier Tomorrow –* exploring "ingredients" that can improve the health of all Canadians today and for years to come!

"Dietitians want to create a healthier tomorrow with their patients, clients and communities - through awareness, advocacy and action. We are influencing change across all areas of food, nutrition and health."

- Dietitians of Canada

Leading Sysco Canada's • Nutrition Month campaign is our • Nutrition Services Teamconsisting 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!

Throughout the month we will provide helpful tips & information on various nutrition topics such as sustainable choices like plantbased diets, food security for different populations in Canada and much more!

You can also look forward to some special events throughout the month including Dietitians Day on March 16th, along with a Nourishing Conversations series event and Sysco Virtual Kitchen Live on Facebook. More details to come!

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

We look forward to celebrating Nutrition Month with you and learning more about the *Ingredients for a Healthier Tomorrow*!

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





