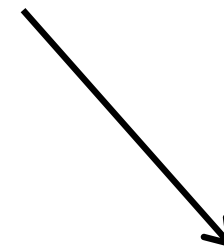
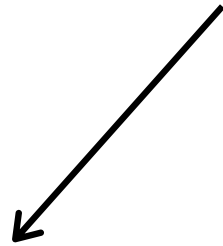


# March is National Nutrition Month



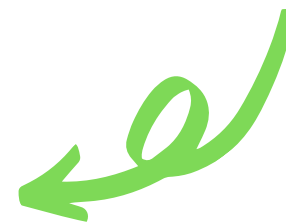
2021 theme is:

## ***Personalize Your Plate***



There is no one size fits all approach to nutrition and health

Each individual has different bodies, goals, tastes, and backgrounds



### **Focus on**

Eating a variety of foods--  
from ALL food groups.

Hydrate healthfully

Read the nutrition facts labels

Eat without distractions

Enjoy and savour your food