

News Release

FOR IMMEDIATE RELEASE

MARCH IS NUTRITION MONTH: SIMPLY COOK AND ENJOY!

Kuujjuaq, March 4, 2014 – All *Nunavimmiut* are invited to rediscover the pleasure of cooking and eating healthy throughout the month of March, Nutrition Month. Several activities will take place across the region to help promote the importance of healthy eating, regardless of gender and age, as well as show how nutrition has an impact on your health and well-being.

Under the slogan "Simply Cook and Enjoy!" the Nutrition Month campaign is getting kick-started with two community-kitchen workshops, one on each coast, organized by the Nunavik Regional Board of Health and Social Services. The Hudson coast will be first with a workshop in Umiujaq from March 4 to 5, and two weeks later, Quaqtaq will host the second one from March 18 to 19. These workshops aim at informing the participants about collective kitchens, their benefits and the "how-to" for those interested in starting one in their own community.

Food is essential for the body to function well and provides the energy necessary for our day-to-day activities. One very important element is country food, which is vital and at the heart of *Nunavimmiut* lifestyle. It helps maintain physical, emotional, intellectual and spiritual health. In order to underline the importance of country food in Inuit lives, March 28 was designated **Country Food Day.** "Everyone is invited to celebrate by having country food with friends and family," pointed out Dr. Françoise Bouchard, Acting Director of Public Health for Nunavik.

Consult our *Nunavik Food Guide* to get more information about the food groups and the recommended number of servings per day by clicking <u>here</u>.

The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

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Source: Nunavik Regional Board of Health and Social Services

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This communiqué is also posted on our Web site at www.rrsss17.gouv.qc.ca.