



Welcome to Nutrition Month 2023 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 *Unlock the Potential of Food: Find a Dietitian.*

This year we will explore the important role dietitians play in the health of Canadians and how finding a dietitian can help unlock the potential of food!

"This year's theme was informed by Dietitians of Canada's 2020-2024 strategic plan and current advocacy work for health insurance coverage"

- Dietitians of Canada

Leading Sysco Canada's Nutrition Month campaign is our Nutrition Services Team—consisting of registered dietitians and nutrition 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 insight into the important role dietitians play in the health of Canadians and how finding a dietitian can help you unlock the potential of food. We will also be showcasing dietitians in various sectors of work.

You can also look forward to some special events throughout the month including Dietitians Day on

March 15th, along with a Nourishing Conversations panel discussion on March 30th. Register at the link here: www.nourishingconversations.ca

Stay tuned for event details and join us for a fun and interactive session.

We look forward to celebrating Nutrition Month with you and sharing how *finding a dietitian, can unlock the potential of food!*

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Unlock the Potential of Food

 Find a Dietitian



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