



# 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

