March is Nutrition Month. This year’s theme is “More Than Food: How you Eat is Important Too”. New Brunswick Public Health Dietitians encourage you to cook more often, enjoy your food and eat with others. Enter our contest for a chance to win a grocery gift card. Simply take a photo during the month of March of you cooking or eating healthy food with others and share it using: *#NutritionMonthNB2020*. Winner will be drawn April 10th.

For ideas go to: [Canada.ca/FoodGuide.](https://food-guide.canada.ca/en/?utm_source=canada-ca-foodguide-en&utm_medium=vurl&utm_campaign=foodguide)