

# Nutrition Month



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**GET INVOLVED BY:** Monday, January 16  
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**INVESTMENT:** SPECIAL NATIONAL FEATURE/CONTRACT RATES APPLY

Recent years have brought many changes to the everyday habits of Canadians, with more and more people prioritizing lifestyle choices, including food, that promise better outcomes for our health and well-being. This special feature, published during Nutrition Month, will explore the trends, insights and approaches that are advancing sustainable solutions for community health and individual well-being.

**Proposed topic highlights:**

- NUTRITION TRENDS** – What are Canadians' priorities when it comes to choosing healthy food and supplement options?
- RESEARCH & INNOVATION** – Latest findings and solutions for healthy eating.
- FOOD SECURITY** – Supporting Canada's farmers and food producers to boost a strong food system.
- HEALTH & SUSTAINABILITY**– When food advances the health of individuals, communities and the planet.

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**GET INVOLVED TODAY. CONTACT:**  
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