

Nourish to Flourish this Nutrition Month



This Nutrition Month, the theme Nourish to Flourish encourages us to think about how food fuels our daily activities, from work and movement to focus and recovery. Nourishment plays a key role in fueling our wellbeing, keeping us energized, and helping us thrive.

5 ways to nourish to flourish:

Prioritize protein



Protein supports muscle health, recovery, immune function, and fullness. Including a source of protein such as legumes, dairy, eggs, fish, or fortified plant-based alternatives at meals and snacks can help sustain energy and support physical activity.

Hydrate mindfully



Making a habit of sipping water regularly helps maintain hydration throughout the day, which is important for digestion and wellbeing. If plain water feels boring, try herbal teas, sparkling water, or adding fruit or herbs for flavour.

Notice what feels nourishing

Food can be comforting, social, and joyful. Recognizing emotional connections to food without guilt is part of holistic nourishment. Tuning into hunger and fullness signals supports a healthier, more intuitive relationship with food.



Consider sustainability



When possible, choosing local, seasonal, or minimally processed foods can support both personal health and planetary wellbeing. Seasonal produce often offers variety, freshness, and flavor while supporting local food systems and the environment.

Keep it low-stress



Simple, familiar meals can be just as nourishing as elaborate ones, and give you some needed breathing room. Balanced meals, hydration, rest and sleep all work together to support physical recovery, and to help you perform at your best.



To learn more on embracing nourishing changes that will help you flourish, talk to an FSEAP Registered Dietitian.

Your dietitian will offer you one-on-one support and coaching to help you meet your health goals.

