

## Healthy Eating E Campaign:

### Week 1

Eat fat, don't eat fat. You don't know what to do anymore! We look at the facts and fads around fat and set things straight! Here's what you need to have on your plate.

### Week 2

Boost your moods through food! Did you know that what we eat and how we feel are connected? Nutrients from our food produce brain chemicals and neurotransmitters that determine our moods, emotions, and the state of our mental health. Feel balanced with the top ten foods for healthy moods!

### Week 3

Knowing what and how to eat can be so confusing! Is what you believe about healthy eating fact or fiction? You might be surprised.

### Week 4

Fuel up on foods that are packed with energy boosting nutrients and soar through your work day. Try our simple recipe for Homemade Energy Bites and feel the power of the nutritional punch!

### Week 5

You are more bacteria than human! What? The 10-100 trillion bacteria that call you home are regulating your digestion and so much more! Nourishing these bacteria is critical to your overall health and wellness. Make your own probiotic with a DIY recipe for Kombucha!

### Week 6

Spending quality time with your stove can help your budget, your risk of obesity, and get your health back on track! But who has the time? Get back in the kitchen and try a quick homemade Chicken Enchilada Lasagna by combining the flavour of homemade with easy convenient options to save on time.