

A decorative border of various food icons surrounds the central text. The top row includes an eggplant, broccoli, onion, garlic, mushroom, pumpkin, tomatoes, a串 of grapes, and a leafy branch. The second row features almonds, a plate of food, chopsticks, a bowl, a strawberry, a corn cob, a leaf, a sandwich, and a fried egg. The bottom row contains an orange, an apple, a pear, cherries, a banana, a fish, a chicken drumstick, two eggs, and raspberries. The final row shows a bunch of grapes, watermelon slices, an apple and carrot, a pea pod, a bowl of salad, a tomato, a carrot, a clove of garlic, and a chili pepper.

We Are Dietitians

NUTRITION MONTH **2024**

Planning Guide

#WeAreDietitians

#NutritionMonth

Dietitians of Canada

We Are Dietitians

NUTRITION MONTH 2024

We know it can be difficult to pat ourselves on the back, share what we do with others, or even feel proud of the work we do. As a dietitian, you positively influence the lives and well-being of Canadians every day, so you should feel very proud. In fact, you should shout it from the rooftops!

This year's theme, 'We Are Dietitians,' is about igniting pride within the dietetic community. This Nutrition Month, DC is shining a spotlight on our incredible profession. We invite you to recognize and be proud of the diverse roles dietitians play in influencing the well-being of Canadians. DC will be sharing real stories, hosting in-person events, advocacy meetings, virtual webinars, and even a virtual cook-off! Let's come together as dietitians across the country to celebrate you – the people who make up our remarkable community.





Show your pride

Nutrition Month 2024 is packed with so many ways to get involved and show your pride.

- ✓ Attend an in-person event
- ✓ Join a virtual webinar
- ✓ Download the [social media toolkit](#) and share your pride
- ✓ Participate in our [Virtual Cook-Off](#)
- ✓ Add a Nutrition Month 2024 frame to your Facebook
- ✓ Print or request handheld signage for your workplace



2024 Events

Join us at one of 3 in-person events hosted by the Dietitians of Canada throughout Nutrition Month being held from coast to coast.

Celebrating Dietitian Success

- ✓ Registration
- ✓ Opening Remarks
- ✓ **Keynote:** Leslie Beck, Chair of the DC Board of Directors
- ✓ **Panel Discussion:** Celebrating Dietitian Success
- ✓ Closing Remarks
- ✓ Coffee & Tea
- ✓ Networking & FHS Building Tour

Location: University of Ottawa

Date: March 1

Time: 12:00pm - 4:30pm

The Role of Dietitians in Addressing Household Food Insecurity

- ✓ Registration
- ✓ Opening Remarks
- ✓ **Keynote:** Beyond the Plate - Collective Action to Address Household Food Insecurity
- ✓ **Panel Discussion:** Exploring a Dietitian's Role in Household Food Insecurity
- ✓ Closing Remarks
- ✓ Coffee & Tea
- ✓ Networking

Location: University of British Columbia

Date: March 15

Time: 12:00pm - 4:30pm

Celebrating Diversity in Dietetics

- ✓ Registration
- ✓ Opening Remarks
- ✓ **Keynote:** Celebrating Diversity Within the Profession
- ✓ **Panel Discussion:** Celebrating Diversity Within the Profession
- ✓ Closing Remarks
- ✓ Coffee & Tea
- ✓ Networking

Location: Mount Saint Vincent University

Date: March 28

Time: 12:00pm - 4:30pm



2024 Webinars

Join us virtually for one of our webinars throughout Nutrition Month!

PEN Evidence Update

Do dietitians make a difference? An evidence-based look at the impact of dietitians in prevention and management of chronic disease

Location: Zoom (register [here](#))

Date: March 6

Time: 12:00pm - 1:00pm ET

Cost: Free

Celebrating Dietetic History

More information coming soon!

Location: Zoom (register [here](#))

Date: March 20

Time: 12:00pm - 1:00pm ET

Cost: Free

2024 Learning on Demand

Check out these Learning on Demand sessions for inspiration related to growing your dietetics career and maximizing your impact. These five sessions will be available for no cost to DC members from March 1 - 31, 2024.



Click a Learning on Demand session below:

- [You are a Leader, Not an Imposter](#)
- [Built to Fly](#)
- [Maximizing our Influence and Impact](#)
- [Replanting a Career: Cultivating Connections](#)
- [Life Lessons: How an Ordinary Dietitian from Moose Jaw became President of the First Canadian University in Cairo](#)

PEN® System Spotlight

The PEN® System uses the latest evidence to show how Dietitians use their expertise in food and nutrition to make a difference in the health of Canadians.

The PEN System is trusted by dietetic professionals and learners worldwide to provide them with timely, current and authoritative content to support their practice. Access your PEN credits with these easy to follow instructions.

Still have questions? We're here to help - Contact us!



Dietitians play a crucial role in promoting health, preventing disease and improving outcomes across a range of health conditions.

- Counselling Strategies - Counselling Models Background
- What is the effectiveness of dietary counselling given by dietitians (or international equivalent) for the management of chronic disease?
- In adults with chronic disease, what is the impact on health outcomes of telehealth interventions (i.e. telephone, Internet/web-based, email, text messaging, mobile applications, personal digital assistants) delivered by health care providers compared with usual care? Are telehealth interventions cost-effective?
- Does dietitian involvement affect birth outcomes (e.g. birth weight, preterm birth, infant mortality) during pregnancy?
- Should adults with malnutrition or at risk of malnutrition be recommended for nutrition intervention in hospital?

Dietitians make a difference through research and advocacy for policies that increase household income for those experiencing household food insecurity.

- Household Food Insecurity Background
- What tools are recommended to screen for financial constraints to determine the risk of household food insecurity in individuals accessing health care services?
- What are the best practices when using screening tools to identify clients with financial constraints accessing health care services (in a healthcare setting)? What are the facilitation and barriers to using screening tools in a healthcare setting? *(Coming Soon!)*



Dietitians Day · March 20, 2024

Celebrate with us!

- ✓ Attend a webinar on Celebrating Dietetic History: 12:00pm - 1:00pm ET
- ✓ On social media, use #ThankADietitian to recognize a fellow dietitian who is doing excellent work in their field.
- ✓ Representatives from Dietitians of Canada will be taking part in a number of meetings with Members of Parliament and Senators to promote advocacy efforts
- ✓ Federal House of Commons will recognize Dietitians Day at question period on March 20.
- ✓ Have a laugh - stay tuned for funny, must-share memes on social media!

*We Are
Dietitians*
NUTRITION MONTH 2024

Happy Nutrition Month 2024!