



Dear Colleague,

We are pleased to announce that a new nutrition service aimed at improving the nutrition status of residents of Saskatchewan is now available. Eat Well Saskatchewan is a free nutrition service that includes direct access to a registered dietitian for general nutrition inquiries via a dietitian call center. Eat Well Saskatchewan also provides nutrition information and updates via the Eat Well Saskatchewan Facebook page, Twitter and Instagram.

How does the service work?

- Callers use a toll free line or email to speak to a registered dietitian for their nutrition questions.
- Eat Well Saskatchewan dietitians use the most current nutrition information that is supported by the latest research.
- The dietitian can email or mail additional resources to the client, family or professional and put them in touch with other community services.
- The service is available in English but translation services are on the way!
- This service is free and is available to all residents of Saskatchewan – the general public, educators, and health professionals.
- Eat Well Saskatchewan dietitians cannot provide individual counseling or medical advice. Any client requiring individual counselling will be referred on to the appropriate services.

Who should access Eat Well Saskatchewan?

1. Families struggling with packing healthy lunches or who may need support on making healthy eating choices at home
2. Educators who may be looking for nutrition resources or information to support their curriculum
3. Policy makers or school support staff looking to support a nutritious food environment via a school nutrition policy

How can you help spread the word?

Enclosed are some promotional items that you can be printed and used in your schools and provided to students, teachers and parents via school nutrition newsletters. If your school has a social media account, please follow us on Facebook and Twitter and share our posts for your followers. Clients can also be directed to the Eat Well Saskatchewan website for more information.

We appreciate your support in promoting this new service to your schools, parents, students and families.

If you would like promotional material mailed to you, please contact Eat Well Saskatchewan at **1-833-966-5541**.

Sincerely,

Carrie Lambden, RD
Dietitian Contact Centre Coordinator, Eat Well Saskatchewan

Eat Well Saskatchewan would like to acknowledge the financial support of Indigenous Services Canada and the University of Saskatchewan.