

## Eat Well. Feel Well. Live Well.

### “Let food be thy medicine, thy medicine shall be thy food.” –Hippocrates

Nutrition is a key aspect of the SDG #2 ‘End hunger, achieve food security and improved nutrition and promote sustainable agriculture.’ It is also an essential component for achieving many other targets. While SDG #2 is the only goal that specifically targets nutrition, many other goals are linked to nutrition:

- SDG #4 -Quality Education: Malnutrition affects learning abilities.
- SDG #5 -Gender Equality: Empowering women to claim their rights leads to improved quality of life and nutrition.

Scholars noted that the "nutritional aspects of the SDGs aim to promote healthy and sustainable diets and ensure food security globally." The WHO also noted that food insecurity is one of the social determinants of health and impacts Canadians in different ways.

### Why is this important?

Consuming and having access to nutritious food is important:

- Approximately 11 million deaths annually are a result of an unhealthy diet.
- Healthy, nutritious food is linked to increased mental health, decreased risk of stroke and heart disease, and other chronic non-communicable diseases.

This DIY invites you to think about the role that healthy food makes in our life. We challenge you to make nutritious food to share with others. Alternatively, learn how you can support your community through donating non-perishable items or hosting your own food drive.



DYK? As of 2019, about "25% of the world's population struggled to eat 'safe, nutritious and sufficient food'" and 2 Billion people lacked access to healthy food, putting them at risk of serious health conditions.

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### Activity Supplies:

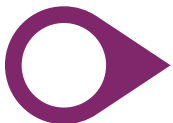
- Baking/Cooking Supplies: muffin/cake tins, pots, pans, utensils
- A recipe that focuses on healthy, nutritious food -either a sweet or savoury dish
- Baking/Cooking Ingredients
- Or, make it digital! Get creative with online platforms for photos, graphic design or video that promote healthy eating

### Activity Steps:

- Learn about [Canada's Food Guide](#).
- Think about the food your family/friends eat then cook a meal to share together.
- Ensure nutritious food are the main aspect of the dish. If you're feeling ambitious, complete a sweet and savoury dish.
- Alternatively, donate to a local organization supporting those who are experiencing food insecurity.

### Reflection

- Think about the importance that nutritious food plays in your life?
- What organizations in Guelph support healthy eating or those who are food insecure?
- What might a "healthy and nutritious" meal look like?
- How can you help? Brainstorm a list or write yourself a letter highlighting how you will make a difference for individuals in our community.



### **PIN Points:**

PINnetwork.ca hosts two databases to explore

1. Volunteer Opportunities supporting [healthy and nutritious food](#).
2. Community Information including [local resources for food and groceries](#).