



HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
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NOURISH TO FLOURISH
NUTRITION MONTH 2026

Let's Celebrate
Nutrition Month Together!



March is Nutrition Month!

As we welcome March, we also celebrate Nutrition Month! This is an opportunity to reflect on how the food choices we make every day help fuel our bodies, support our well-being, and keep us performing at our best. Whether at work, at home, or on the go, nutrition plays a key role in our physical health, mental health, and long-term wellbeing.

Good nutrition isn't just about maintaining a balanced diet, it's also about giving your body the tools it needs to thrive. Nutrition fuels energy and performance. Your body relies on a steady supply of nutrients to stay energized throughout the day. Choosing nutrient-packed foods, such as whole grains, lean proteins, fruits, and vegetables, helps stabilize energy levels, enhance focus, and reduce fatigue. It also supports mental health as what we eat can directly influence how we feel.

Healthy eating can also build long-term health. Consistent, balanced eating habits are linked to reduced risk of heart disease, diabetes, and other chronic conditions. Small, sustainable changes, such as choosing water more often, increasing vegetables at meals, or reducing processed foods, add up over time. Small changes, big impacts! This month, Health Promotion encourages everyone to take practical, manageable steps toward better health. Try adding color to your plate as more color means more nutrients. Another small change you can focus on this month is to stay hydrated. Water is essential for digestion and overall performance.

Healthy eating is one of the most powerful tools we have to support overall health and it's something we can work on every single day. This March, let's celebrate Nutrition Month by embracing small, positive changes that nourish our bodies and

support our minds!

UPCOMING HP PROGRAMMING

Respect in the Canadian
Armed Forces

RitCAF

10 March

Managing Angry
Moments

MAM

12 March

Mental Fitness
Suicide Awareness

MFSA

17 & 18 March

**NUTRITION
ESSENTIALS**

5 Week workshop

13, 20, 27 March

10, 17 April

0830 - 1130



International
Women's Day

National Airforce Museum
of Canada

5 March

0930 - 1130



Defence Women's Advisory
Organization //
Organisation consultative
des femmes de la Défense



Healthy Eats!



Corn, sweet potato and salmon chowder

Ingredients

2 tsp (10 mL) vegetable oil
1 onion, finely chopped
1 clove garlic, minced
1 tsp (5 mL) dried dill weed
Pepper

1 sweet potato, peeled if desired and cut into 1/2-inch (1 cm) cubes (about 2 cups/500 mL)
1 1/2 cup (375 mL) corn kernels (fresh or frozen, thawed)

2 cups (500 mL) water

1/4 cup (50 mL) all-purpose flour

2 cups (500 mL) 1% milk

12 oz (375 g) skinless salmon fillet, cut into chunks

1 tsp (5 mL) grated lemon zest

3 tbsp (45 mL) freshly squeezed lemon juice

Directions

Step 1 In a large pot, heat oil over medium heat. Sauté onion, garlic, dill and 1/4 tsp (1 mL) pepper for about 5 minutes or until onions are softened. Stir in potatoes, corn and water; bring to a boil over high heat. Cover, reduce heat to medium-low and simmer for 5 to 10 minutes or until potatoes are almost tender.

Step 2 Increase heat to medium. Whisk flour into milk and gradually stir into pot. Stir in salmon. Simmer uncovered and stirring often but gently, for about 5 minutes or until salmon is firm and opaque and soup is thickened (do not let boil). Stir in lemon zest and juice and season to taste with pepper. Ladle into warmed bowls.

Source: www.heartandstroke.ca

Small & positive changes to improve your Nutrition

1- Plan ahead: Meal planning reduces stress, saves time, and helps keep your choices balanced.



2- Listen to your hunger cues: Mindful eating encourages a healthier relationship with food and prevents overeating.



3- Try something new: Experiment with a new vegetable, recipe, or cooking skill this month.



Did you know?

One kiwi has more vitamin C than an orange.



- When air-popped and lightly seasoned, popcorn can be one of the healthiest (and tastiest!) whole-grain snacks.



- Watermelon is 92% water (no wonder it is so refreshing in the summer!)



- Honey never goes bad