

Nutrition Update Newsletter

Sept 2026

The Newly Released Food Mentoring Toolkit is Here!

People's dietary patterns are impacted by the availability of nutritious foods around them¹. Additionally, research indicates that local food environments can influence dietary health outcomes². Therefore, community organizations can play a role in shaping people's eating habits and can influence the health of the communities they serve. The food they provide, the way food is talked about and the nutrition information they deliver can all impact the well-being of their clients and staff.

[The Food Mentoring Toolkit](#) is a resource for community groups, organizations and non-profit agency staff and volunteers who offer food or speak to clients about food and nutrition. The toolkit is designed to build capacity within agencies to deliver evidence-based nutrition information to clients and staff and create supportive food environments. It was developed by SHA Public Health Nutritionists who are Registered Dietitians.

The Food Mentoring Toolkit delivers information on [Food Label Reading](#), [Canada's Food Guide](#), [Menu Planning](#), [Creating Supportive Food Environments](#), [Eating Practices to Support Well-being](#) and [Finding Nutrition Information You Can Trust](#).

Each topic contains a booklet, video, and handouts. Additionally, included in the toolkit are two supporting resources: [The Food Neutrality Handout](#) and [Get the Most Out of Your Food Budget Handout](#).



Person chopping an orange on a green cutting board. [1]

The Food Mentoring Toolkit will help you:

1. Understand the importance of creating supportive eating environments for clients and staff
2. Advance your knowledge of nutritious eating and the importance of our eating behaviours
3. Increase your skills and competence in talking about food and providing evidence-based nutrition information
4. Learn about label reading and menu planning

If your organization offers food or speaks to clients about food and nutrition, consider using the toolkit to ensure you are providing evidence-based information and encouraging positive eating environments for clients and staff. Keep reading to learn how to access your free facilitator guides and activities to deliver your own group education session.

Developed by: Public Health Nutritionists
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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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ASK A NUTRITION EXPERT

Q: What is food neutrality?

How food is talked about can shape people's eating habits³. Food neutrality means creating a space where all food choices are respected and valued. It involves understanding that no food is "good" or "bad". When applied consistently, it can create a positive environment that encourages a healthy relationship with food³. To learn more, see [The Food Neutrality Handout](#).

Q: What is a food environment and why does it matter?

The food environment consists of the food available, the placement, promotion and pricing of food and beverages, and the policies in your community regarding food accessibility⁴. A supportive food environment makes nutritious choices more visible, affordable and accessible. Therefore, it supports people to make nutritious eating decisions and influences the health of people in that environment.

Q: Why is using evidence-based nutrition information important?

With an endless amount of nutrition advice and conflicting messages available, knowing who and what to believe is challenging. Additionally, sharing nutrition misinformation can be harmful to people's health⁵. Therefore, it is important for organizations to only share evidence-based nutrition information and to understand how to determine if nutrition information is reliable.

Q: What does eating well really mean?

Eating well is not only about the foods we eat, but also about our eating behaviours and the relationship we have with food. Eating practices that support well-being include having a positive attitude about eating, following hunger and fullness cues, having the skills to plan and prepare meals and snacks, and being relaxed and joyful around food⁶.

Q: What should I do if I am interested in using the Food Mentoring Toolkit to facilitate a group education session with clients or staff?

If you are interested in using the toolkit to deliver a group education session to clients or staff, please reach out to your local public health nutritionist or email:

publichealthnutrition@saskhealthauthority.ca

Your public health nutritionist will then provide you with the facilitator guides and activities for each topic. They will discuss the toolkit with you, highlight key messages, and offer their support with using the facilitator guides and activities. They will also review what to do if questions arise from the group that you cannot answer.

RESOURCE CORNER

1. [Raising a Healthy Happy Eater - Video](#)
2. [Canada's Food Guide](#)
3. [Food Guide Friendly - Creating a Healthier Food Environment](#)
4. [Ellyn Satter Institute - Nurturing Trust in Eating and Feeding](#)

References

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Image Credits

1. Kampus Production. Person chopping an orange on a green cutting board [image on internet]. Pexels; 2021 [cited 2026 June 12]. Available from: <https://www.pexels.com/photo/person-chopping-orange-on-green-chopping-board-8507625/>

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