



Eat Well Saskatchewan Brings Nutrition Experts to Homes

By Ingrid Larson, Member and Public Relations

The Community Clinic has been informed of a new service aimed at improving the nutritional status of residents of Saskatchewan, Eat Well Saskatchewan. The service is provided by the University of Saskatchewan College of Pharmacy and Nutrition. It provides a direct link to dietitians who can provide the most current nutrition information supported by the latest research.

Following are answers to common questions provided to us by Eat Well Saskatchewan:

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 patient, and put them in touch with other community services.
- Translation is available in over 100 languages, including Indigenous languages in Saskatchewan.
- The 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.

When might you contact Eat Well Saskatchewan?

- If you are at risk of developing a chronic disease and nutrition guidance can help lower your risk.
- If you have been diagnosed with a chronic disease, such as diabetes, and want general dietary guidance right away, before receiving in-depth counseling from a

registered dietitian or while waiting for an appointment.

- If you are looking for answers to general nutrition and healthy eating questions, such as infant feeding, picky eaters, family weight issues, diabetes, digestive issues and family meal planning ideas on a budget.

People can connect with an Eat Well Saskatchewan dietitian through a toll-free call to 1-833-966-5541 Monday to Thursday 10 a.m. – 4 p.m. or email eatwell@usask.ca with a question any time. The service is also on Facebook @EatWellSaskatchewan, on Twitter @EatWellSask and at the website eatwellsask.usask.ca. The dietitian on call will answer general nutrition questions, and refer people to other professionals for individual counselling or medical advice. Additional information is available on their website.

Source: *Saskatoon Community Clinic Focus newsletter, Winter 2019.* 

The poster features a green background with white line-art illustrations of various fruits and vegetables. At the top center is the Eat Well Saskatchewan logo, which consists of a circle divided into four quadrants of different colors (red, yellow, green, blue). Below the logo, the text 'Eat Well SASKATCHEWAN' is written in white. The main headline 'FREE NUTRITION ADVICE' is in large, bold, white capital letters. Below this, it says 'from a qualified professional' in a smaller font. A white box contains the contact information: 'Call 1-833-966-5541 or email eatwell@usask.ca Monday to Thursday 10 am - 4 pm'. At the bottom of the poster, there are social media icons for Facebook and Twitter, and the handle '@eatwellsaskatchewan'. The footer of the poster includes logos for the Government of Saskatchewan, Indigenous Services Canada, and the University of Saskatchewan College of Pharmacy and Nutrition.