

Nutrition Times

South Zone Healthy Eating Newsletter

April 2026 Nutrition Services

Happy 55th Birthday Earth Day!

The first Earth Day was held on April 22, 1970, to address issues such as air and water pollution and the effects of pesticides. It continues to be celebrated on April 22 each year and Canada's theme for 2026 is **Conscious Consumption**.



Image from Pexels.com

What does 'Conscious Consumption' mean to you?

Conscious consumption means being mindful of your choices as a consumer and as a caretaker of the planet. This can look different for everyone as we each make choices in our daily practices that can make a difference. Below are some ideas you can use.

Waste not want not

Did you know that about half of the food we throw away could have been eaten? Reducing food waste can include:

- Composting food scraps, shredded paper, and yard waste into a nutrient rich soil.
- Understanding [best before vs expiry dates](#). Best before dates reflect food freshness and quality, not safety. You can eat food that is past it's best before date, but it may not be at its best.
- Keeping food fresh by knowing basic [food storage basics](#).

Shop local

Shopping local has become a priority for many Canadians. Local could mean produce grown in your community, foods produced in Alberta such as canola and beef, or Canadian options such as BC fruit and Atlantic salmon. Some benefits of buying local are:

- Reduced waste because local producers often use less packaging.
- Lower carbon footprint due to less transportation.
- Supporting the local economy which can help ensure sustainable food sources in the future.

Plant something

- Plant a tree. Fruit trees will get you tasty harvests and support pollinators. Planting any type of tree helps cool overheated spaces and captures carbon.
- Plant your own vegetables, fruits, and herbs. (Extra bonus if you used your compost as a natural fertilizer).
- Don't forget to include some flowers for the pollinators to increase your vegetable and fruit harvest.

Get moving

Walk, bike, or garden to connect with nature. Or volunteer with your neighbourhood association to help keep community spaces clean. Work with others to make outdoor public spaces greener and inclusive for everyone.

When commuting try options such as carpooling or an e-scooter or e-bike.

Earth Day is not just a one-day event

Over 1 billion people take part globally through events and actions, from small daily habits to large community events. But Earth Day is not just a one-day event. Keep going to make changes last!

Check out this link for some Earth Day ideas. [22 Ideas for Earth Day and Beyond - Evergreen Resource Hub](#).

Try these recipes using local ingredients.

- [Crustless Spinach and Feta Quiche](#)
- [Layered Beet Salad](#)
- [Lentil, Barley, and Meatball Soup](#)
- [Zucchini Apple Carrot Muffins](#)



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To learn more, check out these additional resources:

- [City of Calgary – Reducing Food Waste](#)
- [How to identify Canadian food](#)
- [University of BC – Mindful Consumption Guide](#)
- [Canada's Shop Local Initiative](#)
- [The Old Farmer's Almanac Earth Day Ideas](#)
- [How Can I Eat a More Sustainable Diet?](#)

Upcoming Events & Classes

We offer classes on a variety of nutrition topics.

For a complete list of workshops that are available anywhere in the province click [here](#).

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Brooks	403-501-3300
Lethbridge	403-388-6666

For more information on this or other nutrition topics, go to healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca