
Self Reliance: Nutrition

Last edit: May 2024

Summary

These documents are a resource for Ward Self Reliance Specialists. They are intended to be living documents (the resources can be updated and added to on an ongoing basis).

Learning to eat healthy, especially on meager YSA budgets, is a skill that many YSA would appreciate. As a Ward Self Reliance Specialist you can help promote these resources in the ward and help encourage healthy eating and nutrition.

Church resources

- [Provident Living | Nutrition and Diet \(churchofjesuschrist.org\)](https://www.churchofjesuschrist.org/health-nutrition)
 - Contains suggestions and ideas on how to live a nutritional lifestyle
 - Contains other links to church magazine resources about nutrition
- [Nutrition Calculations \(churchofjesuschrist.org\)](https://www.churchofjesuschrist.org/health-nutrition)
 - Contains BMI calculator and suggested daily food servings

Government resources

- [Nutrition Education | Alberta Health Services](https://www.alberta.ca/nutrition-education.aspx)
 - Contains numerous resources for specific nutrition questions and goals, and after surgery suggestions
 - [Nutrition Services | City of Edmonton](https://www.edmonton.ca/health-nutrition)
 - Contains resources on meal planning, health control and advice from licensed dietitians
 - [Public Resources | College of Dietitians of Alberta](https://www.cda.ca/en/public-resources)
 - Compilation of resources for everything from eating well to information about disease management
 - [Local Alberta Nutrition Resources — Helpful Nutrition & Health Navigation](https://www.alberta.ca/nutrition-resources.aspx)
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- Contains resources about alberta dairy,beef and overall growing, with healthy recipes

Other resources

- [Healthy student meal recipes | Good Food \(bbcgoodfood.com\)](https://www.bbcgoodfood.com/healthy/recipes/healthy-student-meal-recipes)
- [Healthy College Meals \(budget-friendly\) - Fit Foodie Finds](https://www.fitfoodiefinds.com/healthy-college-meals-budget-friendly/)
- [20 Healthy College Meals \(allrecipes.com\)](https://www.allrecipes.com/recipe/20-healthy-college-meals/)