

NUTRITION NEWSLETTER

*From your Dietetic Intern, Kelsey
Email: x2016ncg@stfx.ca*

Kelsey is a recent graduate of the Human Nutrition Program here at StFX and is pursuing a career as a Registered Dietitian. Be sure to say hello when you see her around campus and ask her any questions you may have!

What to Check Out at Meal Hall this Week

- Gloomy weather got you feeling down? Try the **Chicken Fajitas and Mexican Brown Rice** at dinner on Friday, October 9th to transport yourself some place warm!
- Keep your eyes peeled for our Thanksgiving Feast coming next **Monday, October 12th.**

Happy Thanksgiving Weekend! Remember to be mindful of Covid-19 protocols this holiday! Pass the food, not the germs!

Chat with me!

Have any burning questions regarding food, nutrition, & overall health?

Email x2016ncg@stfx.ca with any questions, comments, or concerns! I'd love to hear from you!



Lifestyle

Struggling to get a gym appointment booked? Don't fret! Antigonish is beautiful year-round, but there is no time like the Fall to get out and enjoy the outdoors. Try going for a walk at the Antigonish Landing, play a game of soccer at Columbus Field, or venture off to Keppoch Mountain!