

# The Nutrition Project

Physician Lead: *Dr. Ngan Lyle*

## Goals

- To promote a culture of health eating by offering education and nutritional presentations tailored to physicians lifestyles
- Increase access to healthy food by setting up food stations in physician lounges where healthy locally prepared frozen foods can be prepared & consumed

**Budget approved: \$7,000**

## Outcomes

- Increased knowledge about the benefits of healthy nutrition
- Increased access to healthy food choices at the hospital 24/7