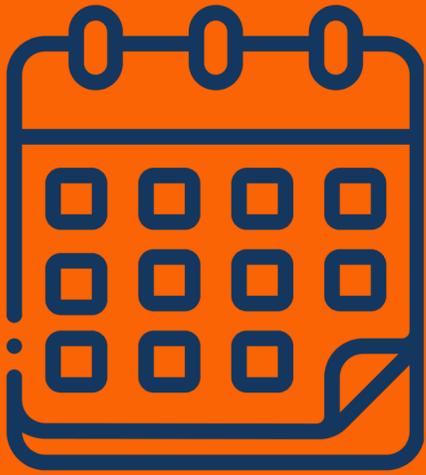


# WELLNESS AT WORK UPDATE

March 2026



## WHAT'S HAPPENING

[The Arcand Lab wants to hear from YOU!](#)



Help us better understand eating habits, nutrition, and the campus food experiences by completing our short, voluntary (optional) and anonymous online survey (~20 minutes). Your feedback will guide future Ontario Tech campus health and nutrition initiatives and you'll have a chance to win one of 50 \$20 Amazon gift cards!

This study is led by Dr. JoAnne Arcand (FHSc) and her research team.

Complete the [survey](#) before **March 27, 2026**.

Questions? Email [Nutrition.research@ontariotechu.ca](mailto:Nutrition.research@ontariotechu.ca) or visit <https://www.arcandlab.com/>



## MONTHLY WELLNESS TIP

[Let's Make Delicious Hummus!](#)



On Monday, March 23<sup>rd</sup>, join Dr. Sylvie Bardin and members of your Healthy Workplace Committee in making and enjoying a hummus dip in support of March's Nutrition Month!

Wholesome crackers and veggies will also be served.

Bring your favorite mug and enjoy a cup of herbal tea!

Participants will also have a chance to win a prize!



## RESOURCE HIGHLIGHT

[Foodland Ontario 2026 Recipe Calendar](#)



Good things grow in Ontario!

Foodland Ontario helps you choose fresh food from close to home, while supporting local farmers and businesses.

Access the [2026 digital Recipe Calendar](#) or email [wellnessatwork@ontariotechu.ca](mailto:wellnessatwork@ontariotechu.ca) to request a hardcopy.



HAVE AN IDEA?



905-809-0727



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