Use the following steps to log in to our People Portal:

1. Go to the People Portal website (www.nourishthemovement.ca) and enter your employee number in the USERNAME field.

2. Enter your password in the PASSWORD field. **Note:** If this is your first time logging in to our People Portal, use the default password assigned to your user account. Your initial password is capital ‘S’ + last three digits of your social insurance number + your year of birth. You will be asked to reset it once you log in. For example, if your social insurance number is 123 456 789, and your birth year is 1975, then your initial password will be S7891975.

3. You will also be asked to set up three security questions used for resetting your password.

4. Click the LOG IN button. **Note:** If you have forgotten your password, you can click the “Forgot Password?” link below the PASSWORD field to reset your password.

If you would like to switch the language of the Login Page to French, click the FRANÇAIS link.

**Getting Help:**
If you are experiencing any technical issues while logging into our People Portal:

**Contact the National Solution Centre at:**
- 1-877-425-1845
- solutioncentre.stellarton@sobeys.com
If you have previously logged into the People Portal and need to reset your password, use the following steps:

1. Go to the People Portal website (www.nourishthemovement.ca) and click the “Forgot Password?” link below the Password field.

2. Enter your Username (employee ID) and click the Submit button.

3. Provide the correct answers to the three security questions you previously answered (during your first log in) and click Submit.

4. Once you have answered these questions correctly, you can then reset your password.

Note: Passwords are case sensitive. You will have three attempts to enter the correct answers. The People Portal will let you know if the answers provided do not match what the system has on record. If the answers do not match, the People Portal will let you know how many attempts remain before disabling your account. Once it is disabled, you will need to wait five minutes before you can attempt to reset your password again.

Remember to use this password the next time you log in.