



# Move to Healthy Choices Newsletter

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April 2010

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## **Families want to *Make the Move!***

We had the opportunity to speak to several parents about their experiences and thoughts around eating meals and snacks at rinks. For the most part we got the sense that the families don't mind eating traditional rink food **SOMETIMES** but, "in good conscience", as one mom put it would not feel good about having their families eat traditional rink food **ALL** of the time. With families spending long days at the rink they are leaving to eat, and packing their own snacks.

### **Our family appreciates the healthy choices.**

On a recent hockey trip to Foxwarren, Manitoba Sherrill-Lee and her family of 4 were happy to have great food choices. The canteen was stocked with soup, chili and a bun, lasagna, vegetable packs and fresh fruit as well as the more traditional rink food. It is important to Sherrill-Lee and her family, who are sometimes at the rink up to 5 days a week to have nutritious food choices.

### **We would spend a lot more money and time eating at rinks if the choices were better.**

Shauna, a mother of 3 hockey players spends a lot of time at rinks. While she appreciates healthier alternatives when it comes to meals and snacks she rarely finds them available at rinks. Shauna, like many parents would like to see more simple healthy options for example yogurt parfaits, fresh fruit or a grilled chicken breast burger.

### **We want to teach our children that you can eat healthy food even when you are busy.**

In Kenton, Manitoba a group of parents with children in a skating club have put a plan in place to share the preparation of meals. Kerri, a mother of 2 children in skating who is at the rink for up to 5 hours at a time participates in this group. The parents bring meals to the rink to feed 20 people at a time. The meals, including foods such as soups, stews, casseroles, home-made whole wheat buns and muffins are great energy boosters after a long skate. When the local canteen is open the parents support the healthy choices offered.



## Simple Crock Pot Lasagna

### Ingredients:

- 1 lb lean ground beef
- 1 onion, chopped
- 2 garlic cloves, smashed
- 1 (980 ml) can tomato sauce
- 1 (180 ml) can tomato paste
- 1 teaspoon dried oregano
- 1 1/2 cup cottage cheese
- 1/2 cup grated parmesan cheese
- lasagna noodles, uncooked
- 2 cups shredded mozzarella cheese

### Preparation:

Brown ground beef, onion and garlic . Add tomato sauce, tomato paste, salt and oregano. Cook long enough to get it warm. Spoon a layer of meat sauce onto the bottom of the slow cooker. Add a double layer of uncooked lasagna noodles (break to fit) and top with cheeses. Repeat with sauce, noodles and cheeses until all are used up. Cover and cook on low for 4 to 5 hours.

### Questions? Contact us at:

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