



Move to Healthy Choices Newsletter

February 2009

Carberry Plains Community Centre Concession Booth: 2nd Season of 'Making the Move to Healthy Choices'

A few changes began to take place in October 2007 in the concession booth at the Carberry Plains Community Centre when Linda Yablonski, Recreation Director, was working on the development of the 'Making the Move to Healthy Choices' Toolkit. Linda said that her eyes were opened to the need to offer healthier menu items on a regular basis and for special events.

The biggest change made in 2007 was the move to whole wheat bread products. There were a couple of negative comments about whole-wheat buns but there were many positive comments. The most notable was from a thankful mother who said she could never get her son to eat a whole-wheat bun at home but he does so at the rink!

Being in potato country and having McCain foods as the base to the major industry, French fries are still a main choice in the booth but they are cooked in zero trans fat oil. Other changes that Carberry has made since 2007 are:

- Hamburgers are made with lean ground beef
- Snack alternatives made with more fiber, less sugar or less fat are offered such as yogurt-granola cups, baked potato chips, fruit sauce cups, vegetable juice, fresh fruit and vegetables
- Chicken wraps, homemade soups and chili are offered during special events
- Mini pizzas have replaced deep fried pizza pops.

The biggest challenge, Linda has found, in offering healthier food choices in the volunteer-run canteen is to find items that are simple to serve for the volunteers. Linda and staff have done a great job in finding healthier items to serve. They started making changes slowly in 2007 and now have a larger selection of healthier options for the athletes, visitors and families to choose from. Congratulations Linda and staff in Carberry!



Carberry Plains Community Centre has begun serving taco salad instead of taco-in-a-bag. The canteen workers find that the taco salad is easier to make. Less chips and more vegetables make this salad a healthier choice.

We Want Your Story!

Do you want to be featured in an upcoming newsletter? Phone us with your community success story and if you are featured, you will win a prize!

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Become a Healthy Choices Hero

Could your recreation facility or community use some help Making the *MOVE* to Healthy Choices? A team of our 'Move to Healthy Choices' Registered Dietitians and Recreation Directors are available the months of February and March 2009 to help you Make the *MOVE* to Healthy Choices in the Assiniboine RHA boundaries.

For more information or to schedule a site visit, contact: Kris Doull at 726-6069 or email: Kris.Doull@gov.mb.ca

Changes big or small are the start to Making the *MOVE* to Healthy Choices

Recipe Corner: Taco Salad - makes 4 servings

Ingredients

- 1lb lean ground beef - 1 package taco seasoning
- 8-10 multigrain tortilla chips, 4 cups lettuce, 1 tomato diced, 1 green onion, 1/2 cup shredded marble cheese
- 2 Tbsp salsa per serving
- 2 Tbsp sour cream per serving

Directions

1. Cook ground beef over medium heat, drain off fat if needed and add taco seasoning.
2. Slightly crush multigrain chips and divide among 4 plates, top off with taco meat, lettuce, tomato, green onion and cheese.
3. Drizzle on sour cream and salsa, or serve sour cream and salsa on the side.

Please be advised the Food Safety Information Line listed on page 32 of 'Making The *Move* To Healthy Choices' Toolkit is unfortunately no longer in service.

February's Top 3 Marketing Tips

- Use the 'Move to Healthy Choices' poster to highlight a healthy menu item
- Advertise your meal special in the tournament/event program
- Give free samples of a new item

Questions? Contact us at:

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