



Move to Healthy Choices Newsletter

February 2010

From the eyes of a parent...



As a dietitian and parent of 2 girls that figure skate, healthy eating while at the rink is important to me. Last month my family travelled to Neepawa for a figure skating competition and enjoyed some of the healthy options served in the canteen at the Yellowhead Arena. The Yellowhead Arena is a busy place in the winter months with hockey games, hockey tournaments, figure skating and public skating. The canteen is leased by Randy and Bev Miller, who employ 8 staff. I was able to discuss with Bev about the Yellowhead Arena canteen.

The canteen serves a variety of foods, along with tournament and breakfast specials. Many of the items on the menu are common canteen foods like hamburgers, popcorn chicken, taco in a bag and French fries. Bev ensures the homemade baked items like cookies and muffins are available, as she finds these are good for the business.

The canteen also offers some healthier options like soup, chili, assorted meat subs, wraps, raw vegetables and dip, yogurt parfait and fruit cups. Bev has found that the healthier options have gone over well, except for wraps that were offered at a hockey tournament. She tries to include many healthy items while menu planning and would like to offer more healthy menu options, but finds it a challenge to keep costs down.

The best sellers in the canteen are hamburgers, hot dogs, popcorn chicken, fries and taco in a bag. This may be, but many customers (like my family) likely appreciate the healthier options served as well.

Bev strives for 'Good food, service and good price' for her canteen. By the looks of it, Randy and Bev along with their staff are doing a great job!



Move to Healthy Choices wins an award!

The 'Move to Healthy Choices' committee has won the 2010 President's Award for Outstanding Achievement award from the Recreation Connections Manitoba Board of Directors. The award was given to the committee for their contributions to the 'Move to Healthy Choices' project.



Move to Healthy Choices Committee (L to R): Linda Yablonski, Bonnie Michaudville, Whitney Anderson, Kris Doull, Sandra Smith and Kim Smith (Missing: Susin Cadman and Chantal Morais)

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Celebrate Food... from field to table

Food plays a big part in our lives: we eat food everyday; it provides us with nourishment and energy; and some people make a living producing or preparing food.

March is nutrition month, and this year, Dietitians of Canada has chosen the theme of 'Celebrate food... from field to table'. This will be a great opportunity for us to learn how food is grown, raised and produced and what nutrients are found in different foods. We can also enjoy the tastes and textures of the food we eat!

Here are some simple ways you can help to celebrate food in your home or community from field to table:

- Plant a garden or get involved in starting a community garden where many people can grow vegetables, fruits and herbs
- Learn how to read food labels by visiting www.healthyeatinginstore.ca
- Eat together as a family or with others
- Find out where the food you are eating is grown or produced in Canada and talk about it as a family
- Try new foods
- Pass on your cooking skills by involving your kids in cooking meals together

For more information about Nutrition Month, go to www.dietitians.ca.

Chicken Soft Tacos

Ingredients:

- 1 lb (500 mL) ground chicken
- 1 (1) pkg taco seasoning (regular or spicy) (low sodium)
- 1 (1) small onion, chopped
- 1/2 (1/2) red or green pepper, chopped
- 1/4 cup (50 mL) salsa
- 8 (8) soft flour tortillas (8" size)

Preparation:

Toppings: Salsa, sour cream or yoghurt, shredded cheese, chopped tomato, chopped lettuce.

In a skillet over medium heat, cook ground chicken until no pink remains. Add taco seasoning and water according to package instructions. Add onion and pepper and stir cook until the liquid has evaporated. Stir in salsa.

Divide meat evenly on tortillas. Add toppings and roll tortillas around the filling. Serve with raw vegetables and milk for a complete meal.

Recipe from: Manitoba Chicken Producers

Questions? Contact us at:

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