



Move to Healthy Choices Newsletter

January 2010

It is a new year and we would like to remind our readers of opportunities with the *Move to Healthy Choices* project that your facility can get involved with to make the move to offer healthy choices:

Promote your healthy options: Help your costumers know about your healthy options by displaying them on the 'Move to Healthy Choices' poster. The poster can be laminated so that you can use it multiple times. Copies of the poster are available through Kris Doull. The poster can also be found in the toolkit (section 6) or downloaded from www.reconnections.com.



Share your story: We like to feature stories from around the region on how facilities are Making the Move to offer healthier food choices in the 'Move to Healthy Choices' newsletter. Ideas and tips shared from facilities can help other make changes to. Consider sharing your story in an upcoming edition of the newsletter.

Healthy Food Taste Testing Grant: A good way to trial a new menu item for your canteen is to hold a taste test providing free samples to your customers. A grant of up to \$100.00 is available to help facility operators introduce a new menu item in their facility. Eligible applicants include not-for-profit owner/operators of the following community facilities: arenas, curling rinks, indoor pools, youth centres, community centres and bowling alleys. The facility must be located within the boundaries of the Assiniboine and Brandon Regional Health Authorities (Westman region). This grant is available until March 31, 2010.

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 to help you make changes, big or small, to the food and beverages offered in your facility.



For more information about these opportunities, contact: Kris Doull at 726-6069 or email: Kris.Doull@gov.mb.ca

A healthy eating environment reinforces and supports positive messages about nutrition, sports, performance and well-being. By offering nutritious foods in recreation facilities we encourage and create opportunities for people to make healthy choices.



Did you have breakfast today?

We have all heard that breakfast is the most important meal of the day, but the average Canadian surveyed in 2008 still skips breakfast about 35 times a year. The importance of breakfast is well supported by research. Studies have shown that children who eat breakfast are more nourished and are more likely to have better cognitive function, academic performance, school attendance rates, and better moods. There may also be an association between eating breakfast and maintaining a healthy body weight. The busy morning rush to school or sports activities sometimes makes breakfast a last priority, but there are many delicious and painless ways to ensure that this key meal is not forgotten.

Quick Breakfast Ideas for home or the canteen:

- Half a whole wheat bagel with cream cheese, served with low fat milk and a banana
- Yogurt smoothie and a slice of toast
- Pita pocket sandwich filled with chopped onion, ham, red pepper and shredded cheese
- Breakfast to go: Dry cereal in a small baggie; piece of fruit and yogurt
- Breakfast Banana Split: mix one scoop cooked oatmeal, ½ banana sliced and one scoop of frozen yogurt. Top with raisins and serve.
- English Egg Sandwich: Toast an English muffin, lightly spread a soft non-hydrogenated margarine, add a scrambled egg cooked in the microwave and serve.



More breakfast ideas can be found on page 17 of the 'Making the *Move* to Healthy Choices' toolkit.

Remember that kids (especially those in sports activities) need lots of fluid to stay hydrated! Be sure to send an extra water bottle to avoid dehydration.

1. McCann-Hiltz, D. (2009). Breakfast trends in Canada. *Consumer Corner*, 2. Retrieved from [http://www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/all/sis12787/\\$FILE/breakfast.pdf](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/sis12787/$FILE/breakfast.pdf).

2. Rampersaud, G.C., Pereira, M.A., Girard, B.L., Adams, J. & Metz, J.D. (2005). Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association* 105 (5), 743-760.

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