



Move to Healthy Choices Newsletter

July / August 2009

Moving Beyond the Westman Area



The Arborg Bifrost Parks & Recreation Commission has been working to strengthen their community environment by supporting healthier eating habits in the arena and curling rink canteens. They are currently getting ready for their third season of providing healthier alternatives and the changes have been well received by children and adults. The children were a bit reluctant to change at first, but they came around and now consider these healthy items the norm.

The Arborg facility has made many changes in not only items offered but in the provision of information as well. They have weekly specials, a healthy options menu and do not serve items such as chocolate bars, chips, burgers and candy from Monday to Thursday. *Eating Well with Canada's Food Guide* information is posted on a bulletin board as well as healthy eating tips and *Heart and Stroke* pamphlets.

The canteen has healthy meal specials every week; top sellers include chili on a whole wheat bun and taco salad. Fresh fruits and vegetables are sold, the facility buys the vegetables, washes and packages them and sells whole fruits such as apples, oranges and bananas. Soups, wraps and sandwiches are available on a regular basis as well as granola bars, yogurt, fruit cups and muffins. Soft drinks are still offered due to popularity, but the facility makes an effort to promote the milk, 100% juices, and water by placing them at eye level and offering them in various portion sizes.

The facility was originally concerned about sales and profit, but sales have been great and they even saw an increase in profit in their first year of changes. The Arborg Bifrost Parks & Recreation Commission plans to continue with all these changes including the weekly supper specials. Congratulations to Arborg for promoting healthy choices in their community and good luck with the upcoming season!



Red Lentil and Tomato Soup

Prep Time: 20 minutes Cook Time: 45 minutes

Source: <http://lowfatcooking.about.com/od/lunchrecipes/r/lentomsoup1104.htm?p=1>

September is a great time to enjoy fresh tomatoes. This soup combines the taste of tomatoes with lentils. Not only is this economical soup full of flavor, but is also full of nutrients.

Ingredients:

1 tbsp olive oil
1 medium onion, finely chopped
1 garlic clove, crushed
1/2 tsp ground cumin
1/2 tsp ground coriander
1 lb chopped tomatoes (15 ounce can is fine)
3/4 cup red lentils
5 cups of vegetable broth (or low sodium, fat free chicken broth)
pinch of salt and pepper
4 tbsp of low fat or fat free sour cream (optional)
2 tbsp chopped fresh cilantro



Preparation:

Heat oil in a large pan or Dutch oven. Add chopped onion and garlic, and cook over low heat for about 5 minutes, stirring occasionally.

Stir in cumin, coriander, chopped tomatoes and lentils. Cook for another 5 minutes, stirring constantly.

Add vegetable or chicken broth and bring to a boil. Reduce to a medium heat and simmer gently for 25-30 minutes or until lentils are soft. Add salt and pepper to taste.

Remove from heat and let cool for a few minutes. Pour into a blender or food processor and blend/process until smooth. Return to pan and reheat gently.

Ladle soup into 4 bowls and garnish with a spoonful of sour cream, if using, and some fresh cilantro.

Per Serving: Calories 220, Calories from Fat 39, Total Fat 4.4g (sat 0.6g), Cholesterol 1mg, Sodium 747mg, Carbohydrate 33.1g, Fiber 5.7g, Protein 8.3g

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