



# Move to Healthy Choices Newsletter

March 2010

## Hooray for Waywayseecappo

To celebrate Heart Month the Waywayseecappo Wolverines partnered with the Waywayseecappo Health Centre staff to offer new healthy specials on the menu at the Recreation Complex canteen. Throughout February the specials included chili and a bun, subs on whole wheat, and turkey wraps. They even offered stew and bannock to celebrate Louis Riel Day. The canteen also offered fresh fruit and 250ml milk. The Heart Month menu was a big change from the usual hot dogs, hamburgers, poutine, pop, and slushy drinks.



The turkey wraps were a big seller on the first day. “The wraps were very colourful and tasty” explains Arlene Giffiths, one of the health staff volunteers, talking about the veggie rich wraps.

To make the menu changes easy to incorporate, the volunteers pre-made the turkey wraps so that they were ready to serve straight from the cooler. Choosing fresh fruit was made easy by having a fruit bowl at arm's reach for the customers.

The canteen was traditionally staffed by paid workers but found that costs were getting high. The Waywayseecappo Wolverines asked various community departments for volunteers. The health centre staff took on this challenge and much of the staff and their families volunteered during home games. Volunteers included staff from Waywayseecappo and surrounding communities and brought out the best in team spirit.

### Turkey Wrap

#### Ingredients:

- 10" whole wheat tortilla
- Cubed roasted turkey
- Light mayonnaise
- Lettuce
- Shredded carrots
- Green onions

#### Preparation:

Assemble cubed, roasted turkey, lettuce, shredded carrots, green onions and mayonnaise in a whole wheat tortilla, wrap and serve.





## Beverages

### Beverages that should be served most often

- water
- milk
- 100 per cent fruit and vegetable juices

### Energy Drinks - What we should know about energy drinks:

- Energy drinks, with names including adjectives like “rush”, “energy”, “adrenaline” and “bull” claim to energize the body.
- Energy drinks contain caffeine (listed as guarana, yerba mate or caffeine), herbs and taurine.
- Energy drinks are NOT recommended for children.
- Energy drinks are not the same as sports drinks.
- The high sugar content and carbonation of energy drinks can interfere with hydration, which makes them poor choices for use during exercise.

### Sports Drinks - What we should know about sports drinks:

- Sports drinks are specifically designed to replace an athlete’s glucose, fluid and electrolyte losses for endurance sports activities where excessive sweat loss occurs.
- Proper hydration is the main concern during exercise, especially in the heat.
- The effect of sport drinks on young athlete performance is not known. For adults, sports drinks have proved beneficial in strenuous exercise lasting for longer than one hour.

### Vitamin Enhanced Water - What we should know about vitamin enhanced water:

- Vitamins and minerals do not provide energy themselves; they help us use the energy in our food. It is important to follow a well balanced diet following Canada’s Food Guide.
- Vitamin enhanced water is not necessary for athletes.
- Vitamin enhanced water is a very expensive way to get your water, and it’s a very expensive way to get your vitamin supplements.
- Parents should read labels carefully as some vitamin water may contain vitamins that exceed the recommended amount for children.

#### Make room for Chocolate Milk!

Chocolate milk has a balance of protein and carbohydrate making it a good choice after exercise. *Eating Well with Canada's Food Guide* recommends 2-4 servings of Milk and Alternatives per day. Choosing chocolate milk can help meet this recommendation, and it is a nutrient-rich choice for re-hydration and re-fueling after exercise.

### Questions? Contact us at:

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