



Move to Healthy Choices Newsletter

September-October 2012

Move beyond the taco in a bag and deep fried foods ... it's time to add FRESH food choices to the food menu!

Aim to sell at least one vegetable and/or one fruit with each meal. For example add;

- Frozen Berries with Yogurt
- Dried Fruit and Cinnamon Instant Oatmeal or Quick Oats
- Minestrone Vegetable Soup with Whole Grain Bun
- Salad Shaker (see recipe below)
- Vegetables and Dip
- Rice Bowl - Vegetables and Rice in a Take Out Container
- Chili with Baked Tortilla Strips
- Turkey Sandwich with Carrot Sticks
- Baked Potato with Chili or Broccoli and Cheese



Shaker Salad Containers

Try this new FRESH idea for your canteen that's easy for volunteers to make, all you need is a container with a lid.

You don't need a recipe. Just follow the 3 simple steps below.

1. In the bottom of a container add an olive or vegetable oil based salad dressing.
2. Next layer in heavier ingredients that will hold up well in the dressing for example beans, chick peas, cucumber chunks, carrots, radishes, or onions.
3. To finish add salad greens like spinach or romaine lettuce. On the top, add a few croutons, seeds, pasta, rice or nuts to garnish.

Flavour Combination Ideas - Customers can shake to mix when ready to eat. Have fun with it!

Greek Dressing	Cucumber - Red Onion - Cherry Tomato	Romaine Lettuce	Feta - Olives
Balsamic Dressing	Mandarin Orange Sections – Thinly Sliced Red Onion	Spinach	Sliced Boiled Egg – Bacon Crumbles
Asian Dressing	Carrot - Sliced Snap Pea - Red Pepper	Romaine Lettuce - Cabbage	Crushed Peanuts - Rice Noodles



Fueling the Athlete



Canteens in recreation facilities across Manitoba have an important role in providing healthy foods to athletes and their supporters.

Many people spend countless hours at community arenas, pools, sports fields and community centres. By supporting the healthy eating message and offering healthier options you have the potential to have a positive impact!

A healthy meal plan for a young athlete should include:

- Healthier meals and snacks spread throughout the day to provide energy for activity.
- Meeting recommended servings and types of foods from Canada's Food Guide.
- Adequate fluids especially during an exercise event.



Children need a combination of nutritious foods and physical activity for optimal growth.

Seven out of 10 children do not get the recommended number of daily servings of vegetables and fruit each day.

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