



# Move to Healthy Choices Newsletter

January 2011

## Miniota Figure Skating Club - MOVE to Healthy Choices

The Miniota Figure Skating Club was thankful for the cold weather as it allowed them to start lessons 3 weeks earlier than last year. The figure skating mothers couldn't stand the thought of eating popcorn chicken and French fries two nights a week until March! To solve this issue, the skating club has teamed up with the local 4-H club and Community Centre organization to prepare only healthy food options at every Tuesday night lesson. Two senior 4-H members are taking a healthy snacking course and one of these girls is also teaching two younger members a cooking course. With the help of these 4 girls, a community centre member and a parent volunteer each week they will serve up food prepared with recipes from the 4-H manual as well as the "Move to Healthy Choices" program.



Tuesday, December 7 was the initiation night of healthy food options. With a \$100 grant received from the Healthy Food Choices Committee they were able to provide crock pot lasagna and trail mix at no charge to figure skaters. They were both a hit!

### Healthy Food Taste Testing Grant - *only available while funds last!*

A good way to trial a new menu item or product 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. 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). For program guidelines and application visit our website at [Westman Healthy Lifestyle Coalition](http://Westman Healthy Lifestyle Coalition) or contact Kris Doull at (204) 726-6069 or [Kris.Doull@gov.mb.ca](mailto:Kris.Doull@gov.mb.ca).

## Crockpot Hot Baked Potatoes

With more and more people making efforts to eat healthy in the NEW YEAR keep your customers at the rink with these easy to make Crockpot Hot Baked Potatoes.

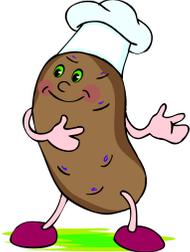
When buying potatoes look for clean, firm, smooth potatoes, without sprouts, green areas or blemishes. To store keep in a cool, dry, dark, ventilated place for up to two months or keep at room temperature for up to one week. Do not refrigerate except new potatoes for up to one week.

- One crock pot can cook 6-12 potatoes.
- Wash potatoes and let them dry. Wet potatoes will stick to the foil and may rust.
- Prick a few times with a fork.
- Wrap in foil.
- Place inside Crockpot.
- Do not add water.
- Cook on low for 10 hours, or high for 6 or until done.
- Serve plain or with toppings.

### Baked Potato Toppings:

- Sour cream
- Shredded cheese
- Steamed broccoli
- Tomatoes
- Green onions
- Chives
- Salsa
- Chile
- Ranch dressing

**POTATO -**



**Nutrition Information**

- Very high in potassium
- High in vitamin C
- Source of folacin
- Source of iron
- Source of dietary fibre
- Sodium free
- Fat-free

### Questions? Contact us or your local recreation director.

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