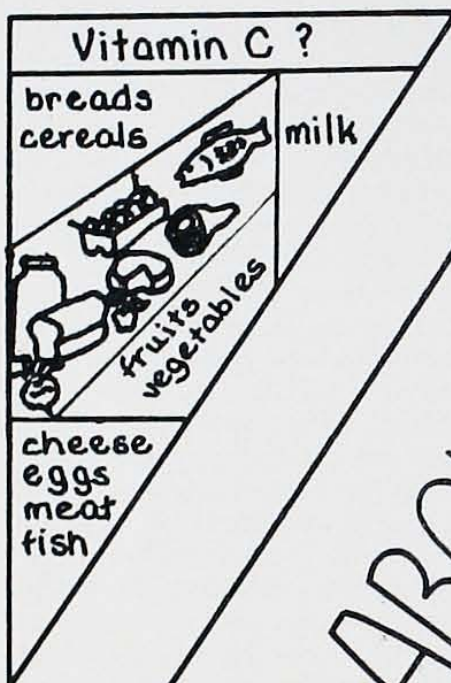


How food becomes you.

Which fuel should you use?

Nutrition Insurance - Do you have a policy?



# ALL ABOUT NUTRITION

Presented by the Home Economics Branch

Food Forums have been replaced by a day-long workshop as part of the Women's Institute current project in nutrition. The workshops are arranged by county or district home economists in co-operation with each Women's Institute district. All women in the district should be invited and encouraged to attend. The workshop is called -

ALL ABOUT NUTRITION - The recently completed country-wide survey, Nutrition Canada, pin-pointed nutritional problems of Canadians and indicated where remedies may lie. In this workshop, the results of the survey will be used as a basis of discussions and an in-depth look will be taken at the food we eat and its affect on our health. The all-day meeting features a wide range of topics relating to nutrition and food habits, including special interests of individual groups. Audience participation is the order of the day! Each Women's Institute district is expected to be responsible for provision of a suitable meeting place.