

## Food Safety and Nutrition - continued from p. 8

- Media Watch – [www.mediawatch.ca](http://www.mediawatch.ca)  
Promotes a media environment that celebrates and reflects the diversity of Canadian women and girls. Includes resources for parents, students, educators and researchers.
- The Grain Connection –  
[www.agric.gov.ab.ca/food/nutrit/grain.html](http://www.agric.gov.ab.ca/food/nutrit/grain.html)  
Health benefits, cooking information and buying and storing various grains.
- 5 to 10 a day – Are you getting enough? – [www.5to10aday.com](http://www.5to10aday.com)  
A fruit and vegetable campaign to increase awareness about the health benefits of produce.
- Dairy Farmers of Ontario – [www.milk.org/milk.html](http://www.milk.org/milk.html)  
Teacher resources, facts about nutrition and links to other nutrition sites.
- Ontario Soybean Growers – [www.soybean.on.ca](http://www.soybean.on.ca)  
Information on soy foods and recipes.
- Ontario White Bean Producers Marketing Board –  
[www.ontariobeans.on.ca](http://www.ontariobeans.on.ca)  
Nutritional information, recipes and other resources on white beans.
- Beef Information Centre – [www.cattlemen.bc.ca/bic.html](http://www.cattlemen.bc.ca/bic.html)  
Nutrition, selection, preparation and cooking of beef, including recipes.
- Canadian Egg Marketing Agency – [www.canadaegg.ca](http://www.canadaegg.ca)  
Recipes, nutritional and educational resources, facts and crafts.
- Ontario Egg Producers – [www.eggsite.com](http://www.eggsite.com)  
Information on cooking eggs, including recipes.
- Ontario Pork – [www.ontariopork.on.ca](http://www.ontariopork.on.ca)  
Recipes, nutrition and educational resources.
- Canola Information Service – [www.canolainfo.org](http://www.canolainfo.org)  
Health information about fats, biotechnology, recipes and resources available to order.

We trust that Women's Institute meetings across the province will be educational, informative and fun! After all, we are rural Ontario sharing education!

*This information was compiled by the FWIO Education Committee under the direction of the Education Coordinator Joan King. Joan is the outgoing Education Coordinator and can be reached at 6487 Oil Heritage Rd., Camlachie ON N0N 1E0, Phone: 519-899-2642, Fax: 519-869-8261,*

## Codrington's Community Connections

*The Codrington Women's Institute has been supporting community health for 92 years, and this year they have managed to dig up a cheque for \$2,500 to present to the Chair of the Brighton Health Services Centre (BHSC) Brian Todd. Branch President Andrea Nelson (left) and Treasurer Liana Palmer (right) presented Todd with the donation. This group has also contributed to the Cancer Society, Women in Crisis, 4-H Clubs, scholarships, cemeteries, hospitals, Christmas food baskets and numerous other causes. In order to make these generous donations, the Branch holds fundraising dinners, quilt raffles and plant auctions and participates in the Brighton Applefest and the Rural Ramble.*

Submitted by Marlene Smith, Codrington WI, Northumberland East.



## Programming: Other Safety Issues

### Safe Kids Canada

Safe Kids Canada is the national injury prevention program of The Hospital for Sick Children. For the past ten years, staff and advisors have been working to reduce injuries to Canadian children through the provision of resources and programming to community organizations and advocating for safe environments. With over 1500 partners working in collaboration with them, they are able to increase activities related to injury prevention, as well as ensure the provision of standardized information. Safe Kids Canada's scope has grown to include farm/rural and Aboriginal issues. One of their new programs is a Children's Rural Safety Program, which focuses on farm-work.

- Check out the Safe Kids Canada website at [www.safekidscanada.ca](http://www.safekidscanada.ca)

### Consumers Beware

Consumers are being asked to beware of a virus, much like the Hanta virus, that lives in rat and mouse droppings. These dried droppings are like dust and can easily be breathed in or ingested if a person does not wear protective gear or fails to wash face and hands thoroughly.

It is also extremely important to always carefully rinse off the tops of canned soda or foods and to wipe off pasta packaging, cereal boxes, and most items you buy at a grocery store. Almost everything you buy from a grocery store was stored in a warehouse at one time or another, and warehouses have rodents. The ugly truth is that stores themselves have rodents. So take care and remember to wash boxes and cans along with your vegetables and fruit.

