

We want your local post office to do more for you!

We are the Canadian Union of Postal Workers and we know you expect a postal service that works for you.

Canada Post has made profits for the past 15 years. It's been paying taxes and dividends back to the public purse all the while. That means your postal service and its workers have not been drawing on public funds in that time.

While Canada Post management plans service cuts and closures, we prefer to do more work for our communities. We will use our upcoming round of bargaining to try to bring you new and improved postal services, while remaining profitable, including:

- longer hours of business
- banking, insurance, financial services
- government services like licenses, permits, library service — these would vary according to your community
- more door-to-door delivery
- expanded parcel service
- a reduced carbon footprint
- same-day delivery
- evening & weekend premium delivery services

Thank you for taking the time to read this.

For further information, see our website

www.cupw-sttp.org

or contact

Your local MP



cupw•sttp

CUPE
Local 1979

Sylvia Benevides joins daughter Sierra and fellow student Jacob Cabral chopping apples for a fruit crisp recipe during a recent Kids Cook at School event at St. Brigid School in Georgetown.



Submitted photo

New program teaches kids cooking skills

Local students can now learn to simmer, baste and sauté, along with the three R's, thanks to a unique program.

Kids Cook at School is dedicated to promoting healthy living through food, cultural cuisine and active lifestyles. Programs for schools and community groups focus on healthy cooking classes for students (JK-8), youth and adults. School programs also include an active play component in a new Cook and Move program.

"Good nutrition and physical activity supports academics, athletics and overall good health," says Maria Folino, co-director of the program. The format includes a cooking lesson, a recipe kit for home, active games and a family physical activity challenge.

Classes are held during lunch, after school or at parent-student wellness events in the gymnasium or an available class-

room. Safe food handling concepts and cooking skills are featured in every class.

Every recipe and physical activity is rolled into a take-home project the student does with siblings and their parents.

"The programs have expanded beyond the school front to include community classes and workplace wellness programs," said Aman Jaspal, co-director of the program. "The entire community is encouraged to be part of our healthy living promotions. We even provide subsidies for families in financial need."

School communities are invited to visit a participating school. Contact Kids Cook at School to indicate interest in visiting a program in your area.

For more information visit www.cookatschool.ca or contact Folino at maria@cookatschool.ca or Aman Jaspal at aman@cookatschool.ca.

Store Hours

Mon - Wed 10-6
Thurs - Fri 10 -8
Sat 10 - 5

5 km Run/Walk & 1 km Kids Fun Run Sunday, April 17th at 9 am

Gellert Community Centre

Register at: Feet In Motion

or On-Line at:

www.onlineregistrations.ca

Funds raised will be directed to the Halton Hills JUMPSTART chapter.

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