

Guide helps shoppers

Halton Regional Health Department regularly receives phone calls from people who need to make dietary changes. A desire to eat healthily is often accompanied by confusion as to what to do. Lynn Gates, Community Health Nutritionist with the Health Department, has found that many people new to the concept of healthy eating need guidelines to follow and want specific brand name products to look for while shopping.

To meet this need, the Health Department has just released a new publication designed to help people fill their shopping carts with good nutrition. Called the Healthy Shopping Guide, this booklet lists over 200 brand name products which are low in fat, high in fibre and contain a minimum of sodium. The guide emphasizes the abundant healthy choices available in your local grocery store, not what must be given up.

The Healthy Shopping Guide is part of the Health Department's message to the citizens of Halton that healthy eating can be delicious as well as nutritious.

To obtain a free copy of the Healthy Shopping Guide, or to register for the Nutrition Expedition shopping tours, call Nutrition Services at 639-5141 Ext. 736.



In the Scariest Pumpkin Carving Class at the Dominion Seed House, winners were (from left) Heather Inglis, 6, first in the 6-8 class, James Parent, 9, first over 9 class, Lindsay Brown, 12, second over 9 class, and Maggie Brown, 9, third place in the over 9 class.



Winners in the Dominion Seed Pumpkin Carving and Decorating Contest assembled Saturday to receive their prizes. Winners in the Best Dressed category included (from left) Jennifer Brown, 4, first in the under five class, Derek Parent, 7, first 6-8 class, David Corley, 11, first over 9 class, and Sharon Corley, 14, second over 9 class. Mary Ann Brown, 11, was third in the class, but absent from the photo.

CORRECTION NOTICE

On November 7/90 on page B2 in The Delrex Smoke Shop advertisement, the 10% expiry date for rentals should have been November 19th and not November 9/90.

We are sorry for any inconvenience this error may have caused.

CONSUMERS DISTRIBUTING

CORRECTION

We regret that due to limited supply, the following items may not be available at all store locations during the "Wrap It Up Early Sale" flyer.

CATALOGUE	DESCRIPTION
672-055	Remote Control Rolling Thunder
672-063	Battery Charger
672-071	Remote Control Car Crusher
672-147	Black Thunder Sound Machine
732-065	Microscope Kit
821-934	Sun Runner Palomino

Fisher-Price McDonald's Restaurant Centre - Item #692-244

We knew it was a great price for a quality toy. But we didn't know how overwhelming the demand would be for this item. Since our earlier ad, we have been working very closely with Fisher Price to fill all the back orders from our "Wrap It Up Early" flyer. Due to unavailability, no rain checks or Special Discounts will be issued for this item.

We apologize for any inconvenience this may have caused.

SENIORS are SPECIAL WIN \$50 GIFT CERTIFICATE FOR YOUR FAVORITE SENIOR CITIZEN

DENTURE THERAPIST CLINIC
T.H. METTLER
 Denture Therapist

 72 Mill St., Georgetown
877-8974

 102 East Dr., Bramalea
 (Corner of Bramalea Rd. & East Dr.)
791-2314

Elizabeths Fashions
 The Place to shop in Downtown Georgetown
 For Fall Fashion co-ordinating White Stag and Kates of Canada
 See our 2 piece dresses in plains and prints, coats, and sweaters - all to enhance your fall wardrobe! Plus, shoes, handbags, belts and jewellery to coordinate.
 77 Main St. South, Georgetown
873-1470
 37 Mill St., East, Acton
853-1433

JOHNVINCE BULK FOODS
 Wednesday is Senior's Day
10% Discount PEANUTS
 in the Shell **99 lb.**
 7 Mountainview Rd. N. Georgetown
873-0442

The Bennett Health Care Centre
 Retirement living at its best
 Fine Dining
 Bright, Spacious Rooms
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 Call Kelly for your personal tour
We're waiting for you!

Shoppers Drug Mart
 Everything you want in a Drug Store
877-2291
 Free Prescription delivery.

IGA
 SENIORS 5% DISCOUNT EVERY WEDNESDAY
 HALTON HILLS IGA
 GUELPH ST., GEORGETOWN
 STORE HOURS
 Mon. - Fri. 9-9, Sat. 8-6
 Sun. 9-5

The Feminine Way INTERNATIONAL
 Every Wednesday in November is Seniors' Day
15% OFF
 All Services
 OPEN 7 DAYS - FREE TRIAL SESSION
 116 Guelph St., Georgetown
 (Corner of Maple & Guelph St.)
873-4907

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 Hwy. #7, Georgetown, Ont.
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