



Among guests enjoying a healthy, nutritious lunch during last week's kick-off of the Healthy Choices program at the Halton Hills Civic Centre cafeteria were town employees Sharon Perkins (left), Judy Shrubsole and Melanie Peck. As a participant in the Choices program, the Civic Centre cafeteria offers healthy food choices, such as low-fat milk, to its patrons. Photo submitted by Halton Healthy Lifestyles Coalition

## Civic Centre cafeteria joins healthy choice food program

The Halton Hills Civic Centre cafeteria in Georgetown is the most recent member of what has become a popular group with today's health-conscious eaters. Last week, the cafeteria became the eleventh participant in the Halton Healthy Choices Restaurant Program, an initiative that encourages local restaurants and cafeterias to offer healthy foods in a smoke-free environment.

Sponsored by the Halton Healthy Lifestyles Coalition, the program is funded by the Ontario Ministry of Health. Among Halton eateries which have eagerly embraced the program are Chaps, Alternatives, Kelseys, McGinnis Landing, Burlington Racquet Club and G.B. Catering at the Halton Regional Administration Building.

Vicki Poirier of Halton Region's nutrition services department is co-ordinator of the Healthy Choices program. She joined Mayor Russ Miller, town staff and guests at last

week's formal kick-off of the program. Also present were Halton Hills head librarian Betsy Cornwell, an executive member of the Coalition and Mary Goodfellow, a representative of the Heart and Stroke Foundation and member of the Coalition's Restaurant Program Task Force, co-ordinators of the Healthy Choices Program.

Tables in the Civic Centre cafeteria now carry cards listing "healthier food choices" for their patrons, Poirier said during a recent interview. Among these are low-fat milk, margarine (in place of butter), low-fat salad dressing, fruit salad and broiled meat.

"Through the program, we try to promote healthy food choices and to make people more aware of the choices," Poirier said. She singled out Civic Centre manager Dave Allen for his enthusiastic support in helping to launch the program in Georgetown. "He was instrumental

in working with us to set up this program in Halton Hills," Poirier stated.

### Attention Sports Groups

Halton Hills This Week would like to print your team's results.

Drop them off at our office, 232 Guelph St., Unit #9, Georgetown or fax them to us at (416) 873-3918

## RETAIL OPPORTUNITY

Well established junior department store, available in Erin. Great potential as a member of a Canada-wide buying co-operative and agency for two related businesses.

FOR MORE INFORMATION  
PHONE 1-519-833-9401

## Grand Opening March 6th!

### Rockwood Musicland

- CD's
- Cassettes
- Music Videos
- Accessories

Excellent Selection of Music Ranging from

- Country • Jazz • Blues • Big Band
- Classical • Childrens • Pop • Rap • Rock
- Heavy Metal • Comedy • Soundtracks

CDS ranging from \$14.95

Plus...

Many In-Store Specials!

Cassettes ranging from \$9.95

Free Refreshments

178 Alma St. (Hwy. 7)

Beside Rockwood Pharmacy  
Owned & Operated by Debbie Feenstra

856-2591

Please support the March of Dimes Campaign

TAX RETURNS SAME DAY ELECTRONICALLY FILED

Associate Tax Consultants  
101 Guelph St. Georgetown  
877-2217

## Engagement



Bruce and Nancy McIntyre are pleased to announce the engagement of their daughter Sherri Elizabeth to Adam Derrell, son of Keith and Gail Bennett. Wedding to take place July 1994.

## Speedy BRAKE SPECIALIST CENTRE

\$16.95 PACKAGE

Brake Inspection, Adjustment, Cleaning, Top-Up Fluid, Oil Change: (Valvoline Oil, Fram Filter, Lube Chassis)

\$89.99 DRUM BRAKES

Per axle installed. Most cars. Replace shoes, replace springs, resurface drums, inspect hydraulic system. Check fluid if necessary, road test vehicle.

\$99.99 DISC BRAKES

Per axle installed. Most cars. Replace pads (semi-metallic pads extra), repack wheel bearings, replace grease seals, resurface rotors, inspect hydraulic system, check fluid if necessary, road test vehicle.

15% OFF MAJOR BRAKE REPAIRS

For most cars. Receive a 15% discount on brake repairs requiring replacement of rotors or drums and shoes. All brake inspections and estimates are FREE.

This offer is not valid with other promotions or coupons. Valid only at Georgetown Speedy. Offer expires Mar. 13/93.

## Speedy muffler king

3 Mountainview Rd. N.  
Georgetown, Ont.

877-0151

At Speedy you're a Somebody