

United Way hoping to raise a bit more

By **KAREN SMITH**
The Champion

The United Way of Milton is enjoying its most successful campaign in history but would like to make the pot sweeter by reaching its \$275,000 goal.

Barbara Ramsden, co-chair of the local United Way's 1998-99 fundraising blitz with her husband Peter, said an estimated \$261,000 has been collected to date.

It is the most money ever raised by the organization.

However, the figure only represents 95 per cent of the \$275,000 target.

"The agencies we support desperately need these funds and we would urge any

donors who haven't yet made their annual contribution, no matter how small, to help out," she said.

Ms Ramsden said the campaign has been successful particularly due to donations from the industrial community.

"We got a couple of new industries in town on board that made employee payroll deduction donations," she said.

A substantial sum was also raised through the public service sector, a door-to-door campaign and a mass mail-out to donors in the Milton area.

As well, funds were generated through special events such as a golf tournament, a dinner-auction and a Christmas house tour.

Ms Ramsden said it was all possible thanks to the "selfless efforts of a large number of volunteers."

"We had a great team. Everyone worked together. We had some fun. It was a good experience," she said.

The organization is also looking for someone to take over as chair — usually a one-year job — for the 1999-2000 campaign.

Donations can be mailed to: United Way of Milton, P.O. Box 212, Milton, Ont., L9T 4N9.

"It would be really great if we could get there," Ms Ramsden said.

For more information, contact the United Way of Milton at 875-2550.



Fax your sports reports to 878-4943. Please fax Dateline items to the same number.

Tour food store with a nutrition pro

By **IRENE GENTLE**
The Champion

Discovering new ways to eat right can be an adventure. So why not head off on a Nutrition Expedition?

In this expedition the territory is your local grocery store and your guide a registered dietitian from the Halton Regional Health Department.

Your mission, should you choose to accept it, is to emerge with new ways to make healthy eating a natural part of daily life.

Invest 90 minutes

"It's fun and you get to talk with other people who may have the same questions as you," explained Lisa Mina, a registered dietitian at the regional health department.

Currently the department offers a 90-minute adult tour along with a separate 60-minute pre-school oriented Nutrition Expedition Jr.

Both are aimed at helping you make healthier eating choices in the place where most food faux pas are made — the grocery aisle.

"About 80 per cent of our food choices are made right in the store," said Ms Mina.

Going on a guided tour with eight to 12 fellow food travelers can make all the difference in breaking bad habits and learning to eat right.

It's kind of like a crash course in label-reading, 101.

"It's helping adults choose lower fat, high fibre foods," said Ms Mina. "We do it a lot through labels."

Read the fine print

When it comes to labels, insight isn't just about the big picture. It's about reading the fine print.

Take serving sizes. "The serving sizes of different brands of crackers, for example, can be different," explained Ms Mina. "You can't just compare fat grams, you have to look at the serving sizes as well."

Serving sizes also come into play when talk turns to the four food groups needed for a healthy diet. That means all you who have ever thrown your hands up in despair over the idea of managing to stomach five to 10 vegetable and fruit servings in one short day can put them back down again. Help is at hand.

"I think people perceive the serving sizes to be bigger than they really are," explained Ms Mina.

To aid understanding, an expedition leader will stroll slowly through the

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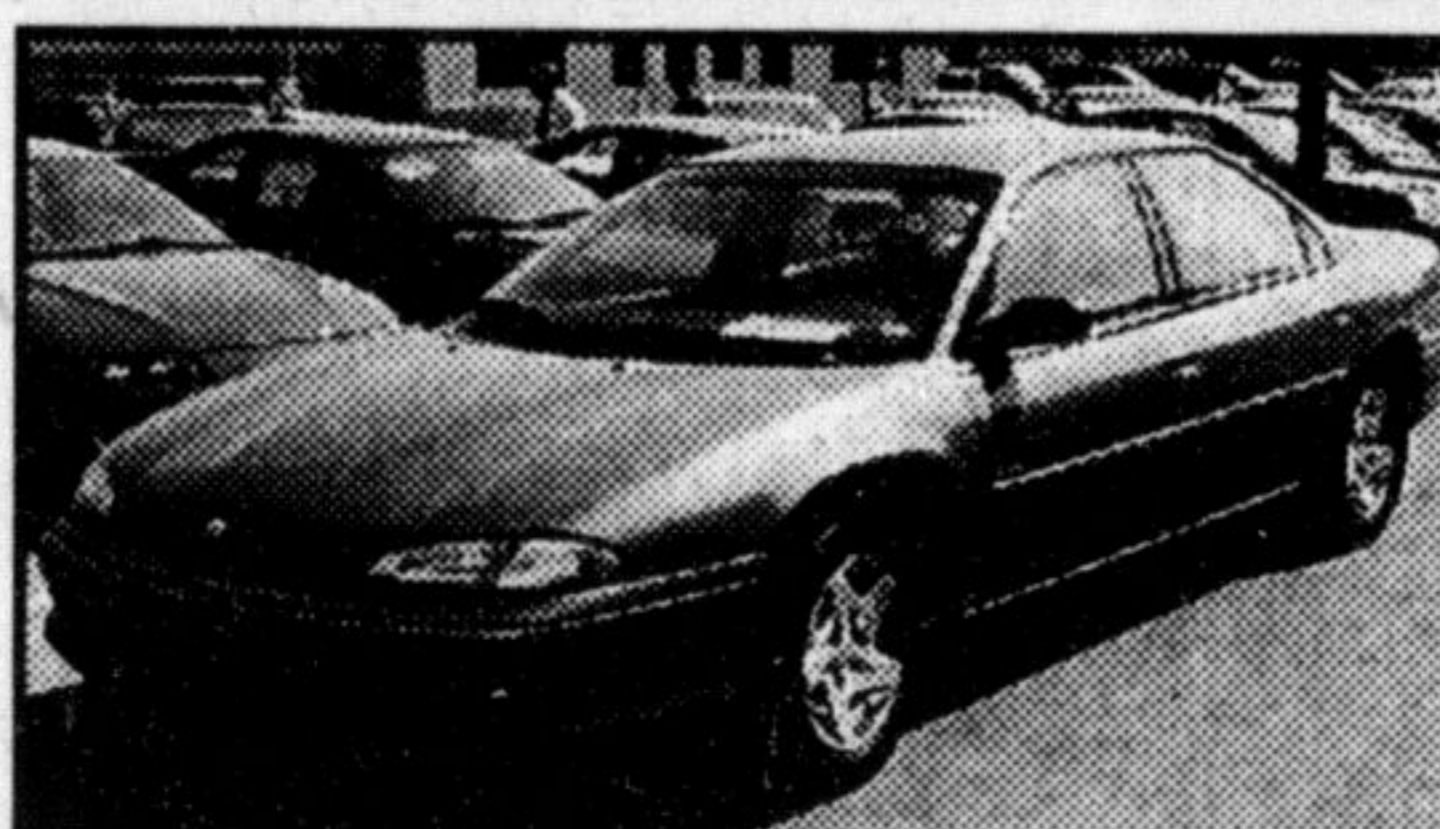
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