

# New program encourages healthier eating

For goodness sake . . .



A good health tip from Milton District Hospital

**"AN OUNCE OF PREVENTION IS..."**



This old adage is perhaps the best advice when it comes to the Influenza or Flu virus. As common sense would dictate, steer clear of the virus by:

- > Getting a flu shot.
- > Washing your hands often
- > Staying out of large crowds &
- > Avoiding direct contact with those who have contracted the virus

"For goodness sake" is brought to you courtesy of



and The Canadian Champion

Healthier choices may be available in area restaurants thanks to an initiative to bring Eat Smart! Ontario's Healthy Restaurant Program to Halton.

Regional Chair Joyce Savoline and the region's medical officer of health, Dr. Bob Nosal recently attended a buffet breakfast to introduce the program to interested chefs and restaura-

teurs.

The keynote speaker at the event was Chris Klugman, corporate chef for Liberty Entertainment Group (Rosewater Supper Club, Courthouse Culinary Arts Catering).

Mr. Klugman has also appeared on numerous television cooking shows and has written for Toronto Life and President's Choice magazines.

The purpose of Eat Smart! is to encourage healthier habits in dining, out.

It takes in everything from food choices and preparation to food safety and non-smoking seating.

The program is recognized across Ontario.

It has been brought to Halton thanks to the participation of the

Halton Regional Health Department (HRHD), Canadian Cancer Society, Heart and Stroke Foundation, Choices 4 Health (Halton's Heart Health and Cancer Risk Reduction Network) and the Ontario Ministry of Health.

For more information on Eat Smart! call Lisa Mina of the HRHD at 905-825-6060, ext. 7802.

**SEARS**

At Sears, we are big enough to have what you want... but small enough to care who you are.

Amana

MAYTAG

Panasonic

JVC

EUREKA

## Electronics Sale

plus everyday good values

SAVE ON COMPACT STEREOS, VCR'S, TELEVISIONS, PORTABLE STEREOS & RACK MUSIC SYSTEMS

"★★★★★!"

**KENMORE® DISHWASHER**

**Now \$579**

- ★ Electronic controls
- ★ 'Ultra Flow' wash system
- ★ 5 wash cycles, 3 options

- ★ Quiet Guard Plus
- ★ \$25 Mfr. mail-in rebate coupon\*

#15772. Sears reg. 719.99.

"★★★★★!"

**KENMORE HUMIDIFIER**

**Save \$180**

- ★ Humidifies up to 3,000 sq. ft.
- ★ Variable-speed fan control
- ★ Automatic adj. humidistat

- ★ Four-wick filtration
- ★ Auto shut-off

#29975. Sears reg. 339.99.

**Now \$799**

**Save \$100**

**KENMORE 15.5-CU. FT. REFRIGERATOR**

2 adjustable full-width shelves.

#60642. Sears reg. 899.99.

**Now \$329<sup>99</sup>**

**Save \$20**

**PANASONIC MINI STEREO SYSTEM**

5-disc CD player with 50 watts per channel and remote. #28015. Sears reg. 349.99.

**Now \$499<sup>99</sup>**

**Save \$50**

**SEARS STEREO TV**

On/off timer, Channel Guard and game mode. #14359. Sears reg. 549.99.

As offered in our 1999 Christmas Wish Book\*

**Now \$199<sup>99</sup>**

**Save \$20**

**SEARS 4-HEAD HI-FI VCR**

19-micron heads, 1-button record, variable-speed slow motion. #30304. Sears reg. 219.99.

**Save \$100**

**CRAFTSMAN® 9-HP 24" SNOWBLOWER**

Tecumseh Sno-King® engine. Dual stage. #52909. Sears reg. 1249.99. **1149.99**

1/2 price. Snowblower cover. #52756. Sears reg. 39.99. **19.99**

SALE PRICES START MONDAY, NOVEMBER 8 AND END SUNDAY, NOVEMBER 14, 1999

USE YOUR SEARS CARD AND

**TAKE 'TIL JANUARY 2002 TO PAY** INTEREST FREE ON ALL MAJOR APPLIANCES

Pay in 26 equal monthly payments, interest free until January 2002. On approved credit, with your Sears Card. Minimum \$200 purchase. \$35 deferral fee and all applicable taxes and charges are payable at time of purchase. Offer applies to merchandise in local Sears stores. Excludes Catalogue purchases. Offer ends Sun., Nov. 14, 1999. Ask for details.

Locally owned and operated by

**John Sampson**

**Brand Central®**

**THE BRANDS YOU WANT AT THE STORE YOU TRUST®**

**STORE HOURS**

Mon, Tues, Wed 9:30am-6pm

Thurs, Fri 9:30am-9:00pm

Sat 9:00am-5:30pm

Sun 12:00pm-4:00pm

**905-878-4103**

100 Nipissing Rd.

Copyright 1999, Sears Canada Inc.

COME SEE THE MANY SIDES OF SEARS®