New program encourages healthier eating

goodness



A good health tip from Milton District Hospital

"AN 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 teurs. in area restaurants thanks to an initia-

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

The keynote speaker at the event tive to bring Eat Smart! Ontario's was Chris Klugman, corporate chef out. Healthy Restaurant Program to for Liberty Entertainment Group (Rosewater Supper Club, Courthouse

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,

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 at 905-825-6060, ext. 7802.

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

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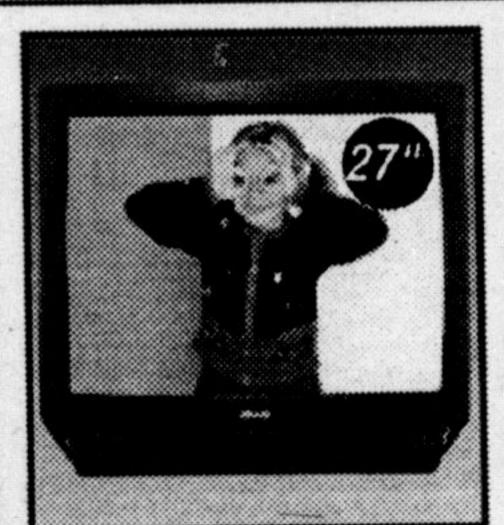
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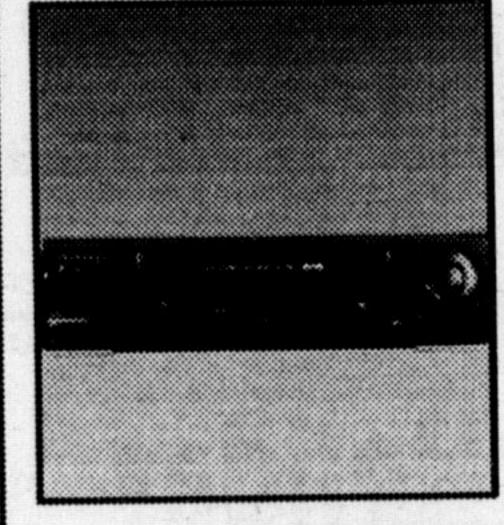
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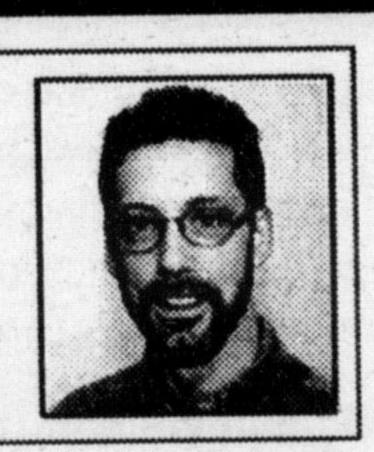
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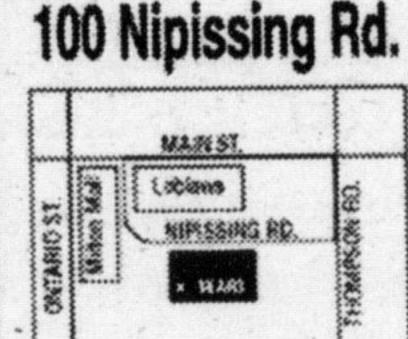
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