

Healthy eating program featured in area schools

By **FANNIE SUNSHINE**

The Champion

It's important for children to learn how to make healthy eating choices.

In light of Nutrition Month, the Halton 'Food for Thought' program is running nutrition programs this month in four schools in the region.

The schools participating this year are J.M. Denyes School in Milton, Tom Thomson School and Tecumseh School in Burlington and Sheridan School in Oakville.

The initiative is a combination from both the 'ABCs of Healthy Eating' program by the Canadian Living Foundation and the 'Families are Munching' program by the Thunder Bay District Health Unit.

"We're doing a presentation March 25 at J.M. Denyes School on good eating and then we are handing out charts," said Gayle Cruikshank, co-ordinator of the nutrition program at J.M. Denyes School.

Progress recorded

Students will take home the chart to record the fruits and vegetables they consume for a week. Those that meet the requirements will be given prizes, such as pencils and erasers. Students who submit charts will be entered to win a grand prize.

Darlene Edmonds, Food for Thought co-ordinator for Halton, said some people assume the breakfast or snack programs in elementary schools are for children whose parents can't afford to feed them.

"It's a universal thing. All children need to eat and eat healthy."

For the past three years, the snack program has been implemented three times a week at J.M. Denyes School. At the start of the morning recess, children are given a snack from two out of the four food groups.

"It could be an apple, or a bagel with cream cheese. Usually it's a fruit and a grain product."

Parent volunteers will come in during the mornings of the snack days and prepare the food, Ms Edmonds explained. The trays of food are placed by the exit doors so the students can take their snacks out to the playground.

"The left-overs are taken outside so the children can have seconds. I believe there is a need for nutrition programs in all schools. You can't train the brain if you don't include food."

These days, Ms Edmonds said, children are living in "drive through kitchens".

"They don't see their parents eat breakfast anymore. I'm not saying they're lousy parents, but people are usually too busy in the morning to eat and grab something on the way to work at the coffee shop. Kids can't do that. That quality family time first

thing in the morning isn't there."

Currently, there are 21 breakfast or snack programs in the region, she said.

Other schools in Milton participating in the Food for Thought program include E.C. Drury High School, which runs a breakfast program three days a week, and W. I. Dick School is looking into the program.

For more information regarding the Food for Thought program, call (905) 825-6060, ext. 7801 or (905) 631-0860.

Halton's health department will take part in asthma pilot project

Halton residents may soon be able to breathe easier.

The region has been selected as one of five communities across Ontario to take part in a pilot project aimed at reducing asthma and asthma attacks in residents.

The 13-month program will develop and distribute school curriculum materials and educational pamphlets and activities to local schools and child care centres.

A provincial grant of \$72,000 will allow the Halton Region Health Department to work in conjunction with agencies in Peel, Hamilton, Durham and Sudbury to develop materials to prevent and control asthma.

Asthma is the leading cause of hospitalization for children in Ontario and a significant cause of school and work absenteeism, according to a health department report.



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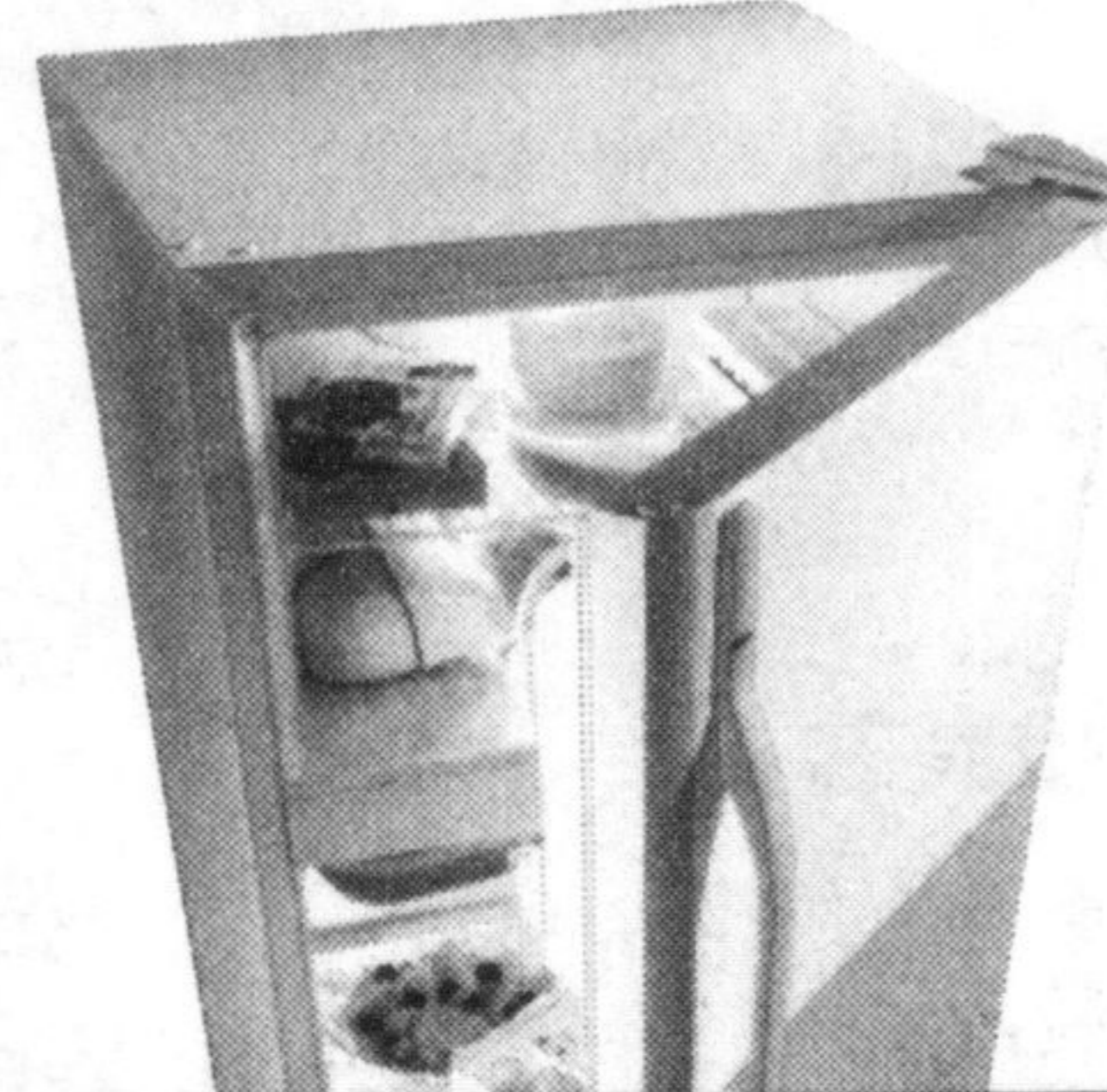
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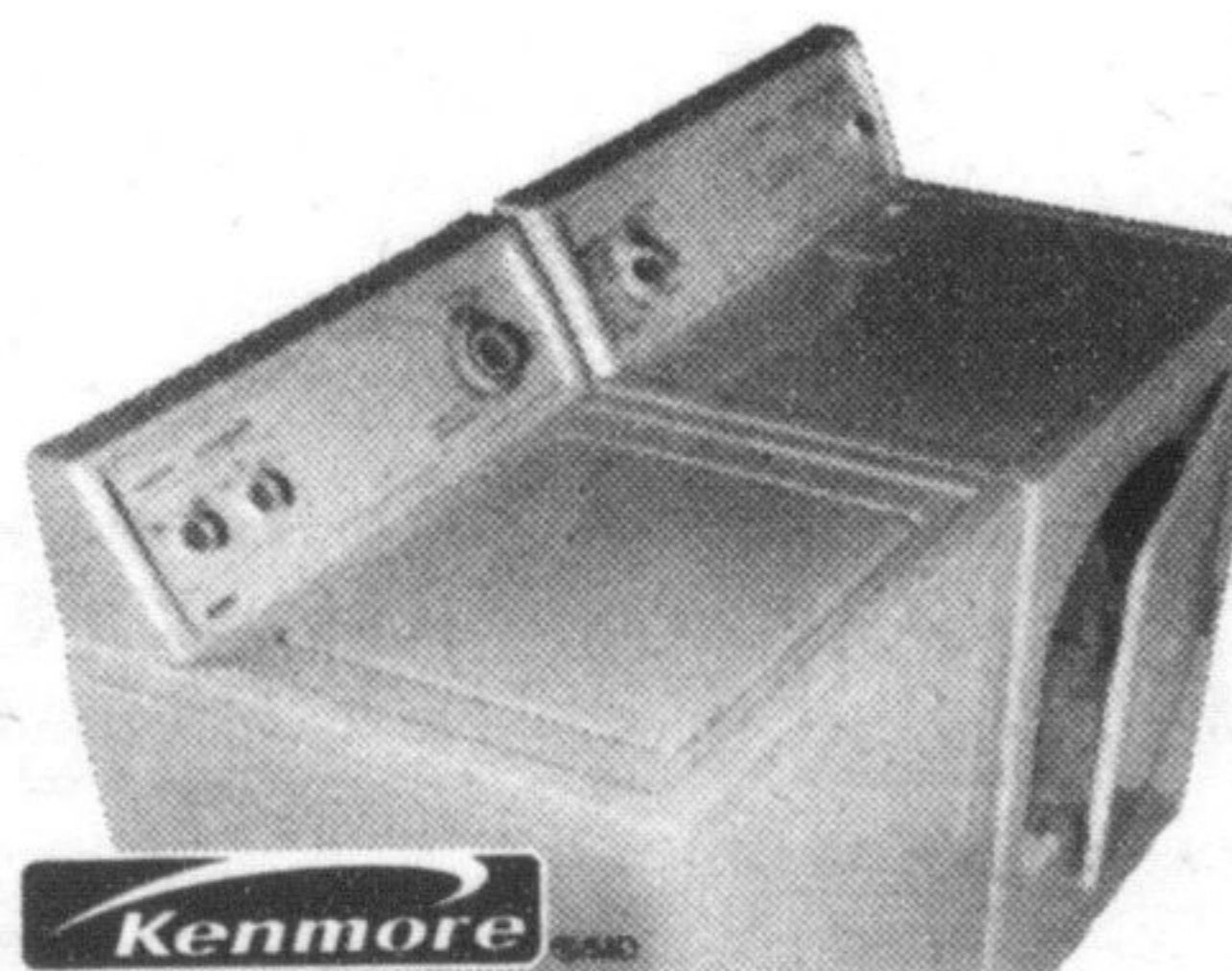
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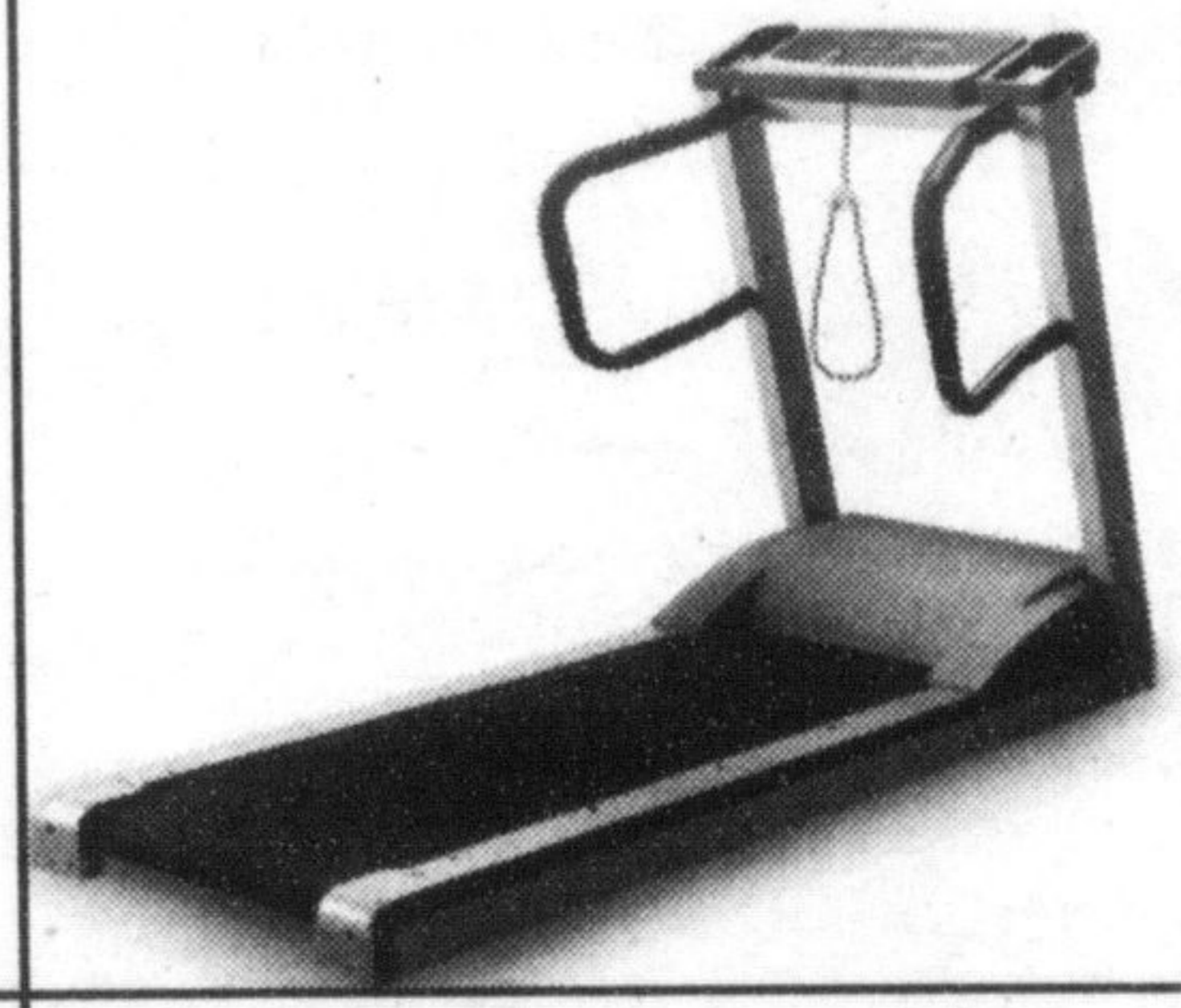
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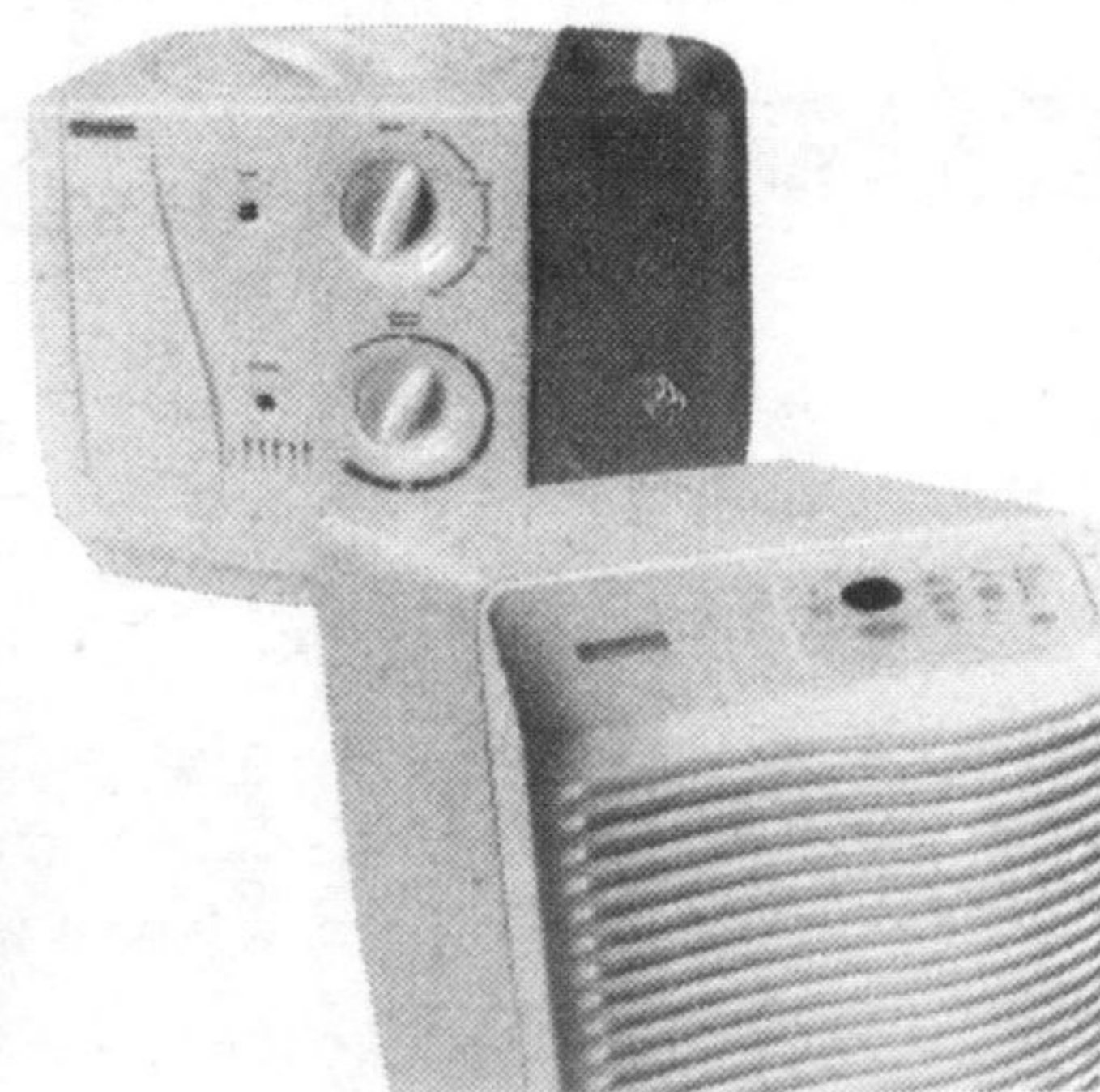
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In our March 20 - 26, 2002 Future Shop flyer the following error occurred:

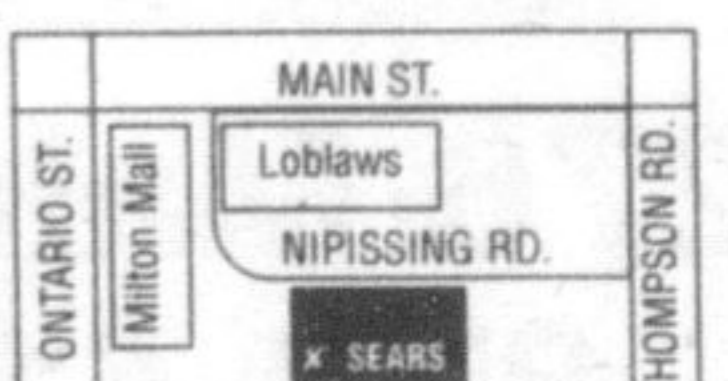
On page 8, the Athena ASF1 Speakers were incorrectly advertised. The correct price should read "\$499.99 pair price."

On page 22, the Microsoft SideWinder Force Feedback 2 was incorrectly advertised. The correct product is Microsoft SideWinder Force Feedback 1 on sale for \$79.99. The Microsoft SideWinder Force Feedback is available in store at the regular price.

We sincerely apologize for any inconvenience this may have caused our valued customers.

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