

## Food for thought

Over the last six months, more than 1,500 Halton youths have learned how to eat healthy through the Families Are Munching Program.

Offered by the Food For Thought Community Partners Program and Choices 4 Health, the nutrition program's goal is to increase children's intake of fruits and vegetables and understanding of healthy eating.

The annual program is offered free to all Halton elementary schools and community groups working with elementary school-aged children.

"Through fun presentations, the children do activities with the presenter to find out how easy it is to get the recommended five to ten servings of fruits and vegetables a day, and to learn what a serving size is," said Gayle Cruikshank, Families Are Munching Program co-ordinator.

Following the presentation, the children are asked to keep a record of how many servings of fruits and vegetables they eat that week. For more information on the Families Are Munching Program, call the Food For Thought co-ordinator at (905) 845-5597, ext. 201, or the Halton Region Health Department at (905) 825-6000.

# Halton Eco Festival set for Apr. 2

The fifth annual Halton Eco Festival April 2 will feature more than 90 exhibitors displaying their environmental campaigns, products and services.

There will be 15 25-minute presentations, 12 one-hour workshops and four keynote speakers.

There will be four keynote speakers in the gym including: Dr. David Rosen: The Effects of the Environment on Brain Development in Children; Martin Tamlyn: Gardening with Children; David H. Martin: Green Energy in Ontario and the Climate Crisis; and Bill Kemp: Energy in the Home — 'Smart Power'. Each speaker has 90 minutes to share information.

The 12 one-hour workshops include: Greening Your Home (Nancy Bradshaw); Children, Summer Camp and the Environment (Gavan Watson); Organics — Good for You and Your Environment

(Irene Wells); Energy Efficiency in Your Home (Paul Benson); Ecovillages (Brenda Dolling); A Celebration of Food and the Sustainable Table (Stefanie Artis); Eat Well — Feel Great (Dr. Colin Wellum); Natural Landscaping with Native Plants (Paul O'Hara); Ontario's Environment: Are We Thinking Beyond the Near and Now? (Dr. John Ferguson); Animal Rights and the Environment (Ken Bontius); EcoAction Teams (Laura Anderson); and Can We Afford Cheap Food? (Karl Eden).

There will also be 15 20-minute presentations throughout the day. The groups or topics this year include: Citizens For Renewable Energy, Earthroots, In The Garden, Nuclear Disarmament, Native Rights in Canada, Golden Neo-Lite Diamite, Mapleton's Organic, Association for Canadian Educational Resources, Ontario Association of Naturopathic Doctors, Organizing an Earth Week Clean Up, Chiropractic First, Native Plant Source, Bronte Creek Provincial Park, Wellness By Design and Whole Village Ecovillages.

Some students from Halton high schools are preparing educational displays.

"The Oakville Trafalgar High School (OTHS) Environmental Club will be featuring images captured by student photographers who are concerned about the natu-

ral environment," stated Jen Radchenko, an OTHS student and planning committee member.

For the youth, there will be Kid's Eco Fun, where they can learn about the environment and play games.

The theme of the Eco Festival this year is "Improving your environment, health and community."

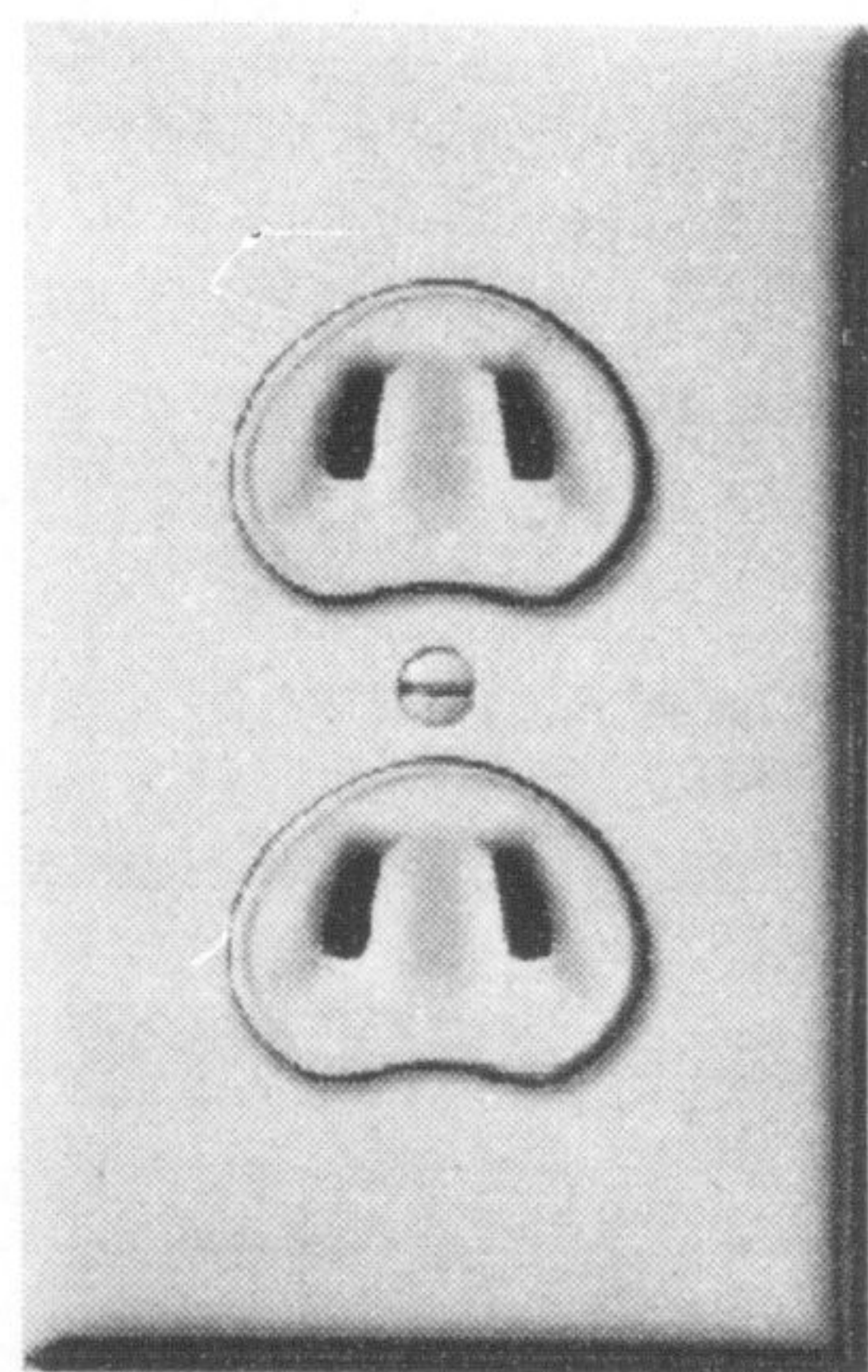
There will also be a silent auction for a separate entrance fee of \$1.

The Eco Festival will run from 10 a.m. to 6 p.m. at the Glen Abbey Recreation Centre, 1415 Third Line. Admission costs \$5 in advance or \$7 at the door for adults and \$3 for students. Children under 12 years old get in free.

The first 500 visitors to the festival will receive a free cloth bag provided by EcoSource. The bag will contain donated items including energy-saving light bulbs from Habitat for Humanity Halton.

For advance tickets, contact the Oakville Community Centre for Peace, Ecology and Human Rights, 148 Kerr St., (905) 849-5501. Admission buttons also are available at Buddha Buddha, 135 Kerr St., and at Ten Thousand Villages, 189 Lakeshore Rd. E.

For more information, visit [www.haltonecofest.ca](http://www.haltonecofest.ca).



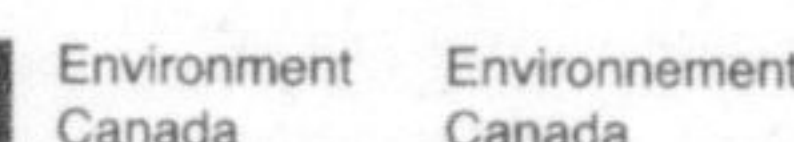
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[www.region.halton.on.ca/health](http://www.region.halton.on.ca/health)  
1-866-583-2020



## NOMINATION CALL FOR Carrier of the Year



Nomination Deadline is Mar. 31/05

# FINAL CALL

The Canadian Champion

Now that 2004 has ended,

we are looking for their Carrier of the Year and would like your input. If you think your present carrier is providing excellent delivery service and is friendly and courteous then please fill in the attached ballot.

The winning carrier will receive 2000 Bonus Points from the paper, plus a dinner at Philly McNasty's, for his or her family by The Canadian Champion.

One lucky reader who sends in a nomination will also receive a \$50 Philly McNasty's Gift Certificate.

Your Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Yes, I would like to nominate my Carrier

Name: \_\_\_\_\_  
for Carrier of the year.  
comments: \_\_\_\_\_

Mail your nomination to: **The Canadian Champion** Carrier of the Year  
or drop off to: 191 Main St. E., Milton, Ont. L9T 4N9 FAX: (905) 878-4057



**MILTON MINOR HOCKEY ASSOCIATION**  
P.O. Box 37 Milton, ON L9T 2Y3

## MMHA CHAMPIONSHIP DAY

### March 26th, 2005

Milton Sports Centre 7:30am to 10:00pm

See Posted Schedule for Game Times on [www.miltonwinterhawks.com](http://www.miltonwinterhawks.com)!

## 2005-06 REGISTRATION

Registration for next season will be held **March 26th from 8:00am-8:30pm** in the Banquet Room in Milton Sports Centre

Registration forms are available on [www.miltonwinterhawks.com](http://www.miltonwinterhawks.com)

Please bring a copy of the birth certificate if you are registering for the first time.

MMHA will accept Cash, Cheque or Visa/Mastercard

**ANY QUESTIONS PLEASE CONTACT MMHA OFFICE**  
**905-878-8340**