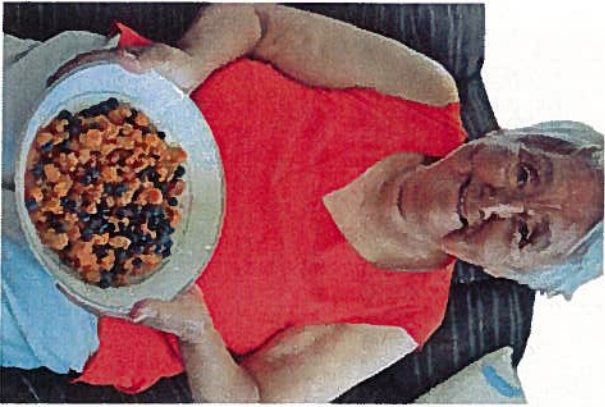


**Eat well.
Live long.
Pass it on.**



The Healthy Foods North program aims to make it easier for people in northern communities to eat healthy foods from the air, water, land, and stores.

FOR MORE INFORMATION:

www.healthyfoodsnorth.ca

Anthony (Tony) Brunetti

Health Foods North

Project Manager

867-983-4084

tbrunetti@gov.nu.ca



Working with Communities to...

- Promote traditional food and activities
- Improve people's diet
- Promote physical activity
- Reduce risk of obesity and disease

Frequently Asked Questions about Healthy Foods North



Make a healthier breakfast for you and your family!

- Choose cereals that are low in sugar and high in fibre.
- Use 1% or skim milk on your cereal.
- Keep the 10% Rule in mind when shopping for breakfast foods.



WHY FOCUS ON HEALTHY FOODS?

Healthy eating and exercise are important ways to prevent diabetes, heart disease, cancer, and dental diseases. Encouraging healthy foods from the land is an important way to preserve community customs while keeping people healthy.



WHAT WILL HAPPEN IN THE REST OF THE COMMUNITY?

A variety of other activities will take place in the community to promote healthy food choices, including:

- Information on community radio, television stations, and posters
- Activities in community work-places, schools, and at community events



WHAT WILL HAPPEN IN STORES?

Community interventionists will promote specific foods and cooking methods.

In the stores, you will see:

- Shelf labels pointing out healthier choices
- Posters about healthy foods and exercise
- Flyers or recipe cards to take home
- Cooking demonstrations and taste tests

Look for the labels when you shop!



WHAT MAKES HEALTHY FOODS NORTH DIFFERENT?

- Interventions are based on community input
- Community members carry out the project as much as possible
- Partnerships with stores ensure healthy foods are available
- The program's impacts will be closely evaluated its effectiveness can be measured