

FOOD

**WHY
ACT
NOW**

Traditional vs. Convenience

Time to Honour Your Health...

- * Instead of eating on the go; in a car, on the bus or in front of the television; return to eating with family/friends together.
- * Instead of buying quick meals; return to making your own.
- * Instead of buying convenience food; return to honouring where your food comes from - Mother Earth.



When you focus on traditions and healthy eating, your bodies and wallets would be in much better shape...



VS.



VITAMIN D—Fish



VITAMIN C—Vegetables



IRON—Moose Meat



VITAMIN A—Eggs



to



Buy and make your own meals to save money and your waistline! It's the best way for your body to get all the good nutrients it needs to be healthy!

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