

In motion Update

MARCH, 2006

**WORKPLACE
WELLNESS**



March is Nutrition Month

Make Wise Food Choices Wherever You Go

During March why not promote Nutrition Month at your worksite. Here are some ideas to try:

- * Add the Nutrition month banner to your company website
- * Email staff links to consumer fact sheets
- * Or send fact sheets with pay cheques.
- * For quick newsletter inserts insert a "tip of the day"

All the ideas above can be found on the Dietitians of Canada website www.dietitians.ca/eatwell

Have copies of the enclosed nutrition month resources on display or available in lunchrooms, cafeterias or waiting rooms.

Organize a "Get Caught Making Good Food Choices" challenge. Use the "Get Caught Checklist" found on page 3. Offer prizes to the employee with the most checklist points. Offer cafeteria "wise food" vouchers or vegetable and fruit baskets as prizes.

You might also use the "Get Caught" checklist to evaluate cafeteria or catering choices. What changes might be made to offer more wise choices? Advocate for wise food choices in your workplace cafeteria or vending machines. For assistance in this area call Public Health Nutritionist at 644-4626.

Set up a computer in your company's waiting room or cafeteria and show what's available on the Nutrition Month website at www.dietitians.ca/eatwell. Encourage staff and visitors to explore Healthy eating is in Store for You, the Virtual Grocery Store and EATracker® a tool to assess daily eating and activity levels. Enter to win prizes from Cuisinart Canada.

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WHO'S "IN MOTION"?

- * Avenue Community Centre
- * Investors Group



Public Health Services



**Start in March and Make Wise Food Choices Wherever
You Go!**

WORKING TOWARDS HEALTH

What can your workplace do to support employees in making wise food choices?

Here are some ideas:

Set the Stage

- * One way to make lasting change is to develop a healthy food policy. Bring all levels of staff on board to discuss “making healthy food choices the easy choices” Refer to your *in motion* workplace resource binder for Healthy Eating Checklist

Cafeteria Choices:

- * Take a fresh look at what foods are promoted. Consider a poster of a crisp and juicy salad at the cafeteria entrance. Post a message about an ice cold glass of milk beside the milk fridge or on the menu.

- * What item is the best price or value? To encourage wise food choices match or lower prices on healthy foods to make them as attractive as less nutritious foods. Try reducing prices of fresh fruit and vegetables or lower fat items while introducing a small price increase on French fries and other nutrient poor foods.

- * What is easy to eat on the run? Fresh fruit, a bran muffin and low fat cheese make a quick, portable lunch. Flag ready-made sandwiches on whole grain bread with 100% fruit juice as fast food for those rushing off to the next meeting.

Vending Options:

- * What is promoted on the front of your machines sways choices. Switch to water or juice fronts and promote healthy choices.

- * Increase the number of slots or rows offering water and 100% fruit or vegetable juice.

- * Can your vender provide whole grain cereal bars, low fat popcorn or packaged nuts in snack machines? Are refrigerated machines available that would broaden choices?

At Meetings:

- * Always include water when beverages are provided.
- * Think whole grain, low fat when choosing catered items.
- * Include fresh fruit and vegetables on your order.



Public Health Services



NUTRITION MONTH EVENTS

Free Nutrition Sessions

Make Wise Food Choices in
the Grocery Store

Tuesday, March 14th
1:30 p.m.
Saskatoon Field House
Phone: 975-3354

Make Wise Food Choices
Wherever You Go

Wednesday, March 22nd
7:00 p.m.
Lawson Civic Centre
Phone: 975-7873



www.dietitians.ca/eatwell

Get Caught Making Wise Food Choices

Welcome to the Get Caught Challenge

Use this tool to make healthy food choices at work. Challenge co-workers to see who can score the most points. You might use the checklist to rate your choices at the beginning of the month and again later in the month to see if you made any changes. It can also be used to plan cafeteria or catering choices. (For use with adults or highschool students only.)

Question	Check if	TRUE
Does the meal include at least 3 of the 4 food groups?		
Does the meal include whole grains (e.g. Whole wheat bread, brown rice, high fibre cereal)?		
Does the meal include a fruit and/or vegetable?		
Does the meal have a variety of colors?		
Does the meal include healthy portion sizes? (hint: look at <i>Canada's Food Guide to Healthy Eating</i>)		
Does the meal include a milk product?		
Does the meal have limited added fat (not fried, deep fried or lots of add on fat)?		
Does the meal include a lean or low fat meat or alternative choice?		
Does the meal include milk or water as a beverage?		
Was there adequate time to enjoy the meal?		
Total Score:		

“Get Caught” Scoring

If you scored 8 or more – Congratulations! You’ve been caught making wise food choices. Keep up the great work.

If you scored 7 or less – Take Control. Which questions did you not check? Target one of those as an improvement at your next meal. You’re worth it!



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**This newsletter is on
the Web!
www.in-motion.ca
Look under News**

*Physical Activity....DO
IT For Life!*

Great Ideas to Put a ‘Spring’ in Your Step

Give an active gift this year!

PEDOMETERS:

Get walking today!
Each pedometer comes with an informational brochure.
Cost: \$25.00 each



KEY CHAINS:

Get hooked on **in motion!** These key chains are a great idea for the entire family. Available in 6 awesome colors (black, red, blue, purple, yellow and green) Cost: \$3.00 each



Discounts for bulk orders are available.

WATER BOTTLES:

Polycarbonate (500ml): These water bottles have become very popular. Available in 4 different colors (red, blue, orange and grey). Cost: \$8.00 each



Handle Water Bottle:



These water bottles make a great give-away. Available in 3 different colors (red, blue and green). Cost: \$4.00 each

To order any of these items, call **in motion** at 655-DO IT (3648) or visit our web site at www.in-motion.ca



Hike and Bike Challenge

With spring just around the corner, it is time to pull out your bike or lace on those runners and hike and bike wherever you go! The 4th annual **Hike and Bike Challenge** will run from June 4-10. The objective is for everyone to use active transportation instead of driving and to get “in motion”. Workplaces, schools, families, friends and community groups can form teams of up to 10 people, keep track of the trips using active transportation. You can commute to and from work as well as other trips or errands you take throughout the day. Teams and individuals have the opportunity to win great prizes.

Make sure to incorporate this fun challenge into your workplace wellness plan, for more information check out the Hike and Bike website and watch for more information in the next update newsletter in May.

<http://www.environmentalsociety.ca/hikebike/index>

in motion is a health promotion strategy with a focus on physical activity. Its vision is that all the citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of **in motion** is to ingrain understanding and behaviour change into the culture and fabric of our community.

in motion's founding partners include:

- * City of Saskatoon
- * University of Saskatchewan
- * ParticipACTION.

The **in motion** strategy is centered around 6 targeted strategies including:

- * Children & Youth
- * Older Adult
- * Workplace Wellness
- * Health Care Professional Referral
- * Primary Prevention of Diabetes
- * Inactive Adults