

Nutrition in Public Health

(Medicine Hat, AB & Area)

AHS Nutrition Services

NEW – coming soon

Cost of Eating in Alberta

To be Released in Dec. 2016

Information on:

- the cost of eating in Alberta
- the affordability of healthy food and how food insecurity impacts households
- community solutions for prevention beyond emergency relief

For an electronic copy or more information, contact Marcia Stodalka RD at (403) 502-8209 or email at: marcia.stodalka@albertahealthservices.ca

FREE GROCERY STORE TOUR

March 15, 2017

6:30 – 8:00 p.m

(space limited – call early)

Join an AHS Registered Dietitian on a guided tour of a grocery store to learn about:

- saving time and money when eating healthy
- making sense of food labels
- tips for avoiding myths and misinformation about healthy eating
- making balanced choices for you and your family for all ages of the lifecycle
- getting the most value for your food dollar

Call to Register at (403) 502-8249

AHS HESH Nutrition Info

Look for nutrition resources in this bulletin and many others to support your healthy eating initiatives.

<http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

New Resources:

Whole Wheat, Whole Grains, and Refined Grains: What's the Difference?

<http://www.albertahealthservices.ca/nutrition/page14676.aspx>

Try a New Whole Grain

<http://www.albertahealthservices.ca/nutrition/page14677.aspx>

On this new web page, you will find information about various whole grains with photos, suggestions for use and links to related **whole grain recipes** on **Inspiring Healthy Eating**.

<http://www.albertahealthservices.ca/nutrition/Page10996.aspx>



VIMEOS - new topics on healthy eating and many other kid relevant topics... Check them out here – FREE and viewable online.

<https://vimeo.com/raisingourhealthykids/videos>

Start your planning now – Nutrition Month March 2017

Dietitians of Canada presents:
**Take the fight out of food! Spot the problem.
Get the facts. Seek support.**

<http://www.dietitians.ca/Your-Health/Nutrition-Month/Campaign-Plans.aspx>
(may be a cost to some of the resources)

The goal of the campaign is to provide information and guidance to make it a little easier for Canadians to sort out common issues.

Recommended Web-sites for Nutrition Information:

Food Secure Canada - <http://foodsecurecanada.org/>

Alberta Food Matters (former GFSA) -
<http://www.foodsecurityalberta.org/>

Community Food Connections –
<http://foodconnections.ca/>

PROOF - <http://proof.utoronto.ca/>

AHS Population & Public Health (PPH) RD Services – South East Zone

➤ Consultation:

- **Access to and application of nutrition resources** (manuals, handouts, presentations): e.g. sports nutrition, breakfast program, kids cooking club, adult cooking programs.
- **Nutrition standards and guidelines** such as the AB Nutrition Guidelines for Children and Youth, Canada's Food Guide, etc.
- **Varied Cost of Eating Reports and the AB Nutritious Food Basket** food pricing info
- **Setting up nutrition, food literacy programs**, policies and proposals to promote access to healthy food options and food security
- **Information on varied nutrition topics** - healthy eating for all ages/stages of the lifecycle.

➤ Education and training:

- **Grocery Store Tours**
- **Nutrition counselling or education** on infant/toddler/preschooler feeding,
- **Prenatal nutrition** classes
- **Prenatal nutrition counseling** (Best Babies Program)
- **Staff nutrition workshops** (train the trainer) for health professionals and non-health professionals of agencies who support healthy eating with their clients.
- **Presentations** on varied nutrition topics (on request, as time permits).

Current AHS PPH Nutrition Education Opportunities

- **GROCERY STORE TOUR**
March 15, 2017
Time: 6:30 – 8:00 pm
 - Arrive 10 min early, wear good walking shoes!
 - Register at (403) 502-8249
 - Organize a group of 6 – 10 people and book a tour for your staff or clients
- **PRENATAL NUTRITION CLASS –**
November 28, 2016, Time: 7 – 9 pm.
 - Register at (403) 502-8215
- **BABY STEPS DROP IN CLASS–INFANT NUTRITION – Date TBA**
Topics:
 - Introducing solids
 - Age-appropriate foods for baby

Location: Community Health Services, Dunmore Road
Call (403) 502-8249 for info
- **FEEDING TINY TUMMIES – TODDLER NUTRITION/PICKY EATERS**
March 28, 2016, Time: 7-8:30 p.m.
Location: MH Public Library
Register at (403) 502-8525
Topics
 - Division of responsibility at meal times
 - Tips of dealing with picky eating

Contact Info:

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