

Media Release

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Almost 2 out of 3 Canadians Struggle to make Healthy Food Choices

March is Nutrition Month. A 2012 survey by Dietitians of Canada indicated that 63% of consumers struggle with making healthier food choices at least half of the time they shop for groceries. The goal of this year's campaign is to provide consumers with practical advice on how to plan, shop and cook more effectively.

Research shows that having healthier food choices available and easily accessible in the home can increase intake of these foods. "Helping consumers put healthier foods in their grocery basket is one important step in having healthy foods available at home" explains Meena Tipper, a Registered Dietitian at the Leeds, Grenville and Lanark District Health Unit. The other important part is to make sure that Canadians have the basic foods skills to prepare meals at home. "By providing consumers with online and community resources, we hope to make healthier eating a little more practical" says Tipper.

Food doesn't have to be obtained from the grocery store alone. Growing your own, joining a community garden or visiting the farmer's market are just a few other options. In the month of March, the Food Matters coalition in partnership with the Health Unit will be hosting two free gardening and preservation workshops on March 2nd and March 23rd for anyone interested.

For more information on how to navigate your food choices or how to register for a workshop, contact the Leeds, Grenville & Lanark Health Unit at 613-345-5685 or toll free at 1-800-660-5853. You can also visit our website at www.healthunit.org/nutrition. Like the health unit on Facebook to get important public health updates.

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