



RUBY SAHOTA

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News Release

Terry Fox Public School Embraces the New Canadian Food Guide

06/05/2019 – Brampton, Ontario – Ms. Ruby Sahota, Member of Parliament for Brampton North, visited Terry Fox Public School to highlight the school's newly launched Healthy Snack Program, which is in line with the government's new approach for Canada's Food Guide.

The Food Guide that many of us grew up with focused on food choices. But we now know that our eating habits are just as important to our health as the foods we choose. Busy Canadians want simple guidance that they can trust to help them make healthy food choices for themselves and their families.

“Healthy eating is more than the foods you eat. It's about your whole relationship with food,” said MP Sahota. “The new Food Guide and the Healthy Snack Program at Terry Fox Public School gets to the heart of this relationship and gives us concrete advice that we can follow to make healthy eating part of our day.”

Terry Fox Public School's Healthy Snack program started in March 2019 and runs five days a week. Every morning, each classroom is provided a basket filled with fruits or vegetables alongside a grain or milk product for all the participating students. This program is helping students learn to live a healthy and active lifestyle. As recommended by Health Canada, our meals should consist of 50% fresh fruits and vegetables, 25% protein, and 25% of whole grains, with water being the prime drink of choice.

Healthy eating is more than the foods you eat. The Food Guide encourages Canadians to:

- cook more often,
- enjoy food,
- be mindful of eating habits, and
- eat meals with others.

The new Food Guide is an integral part of Canada's Healthy Eating Strategy, supporting by programs like the one at Terry Fox Public School, which aims to make the healthier choice the easier choice for all Canadians.

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