

A father said to his son, 'When Abe Lincoln was your age he was studying books by the light of the fireplace.'
The son replied",

Smart-sizing: learning portion-size awareness.
Super-sizing is ordering the large soft drink (32 oz); smart sizing is ordering child size (12 oz.) even if it isn't listed on the menu board.

Child Safe Car Seats
Make sure you use the tether strap.
Read the instruction booklet that comes with the child seat. Keep it handy so you can refer to it as your child grows.
Don't rush to move your child from a child seat to a booster seat.

Don't Forget!
Lorette Food Bank has a barrel just inside the rear door of the R.M. office ready to receive non-perishable food items

Be really nice to your friends, you never know when you are going to need them to empty your

Food and Nutrient Advice/Recommendations



- Carbohydrate foods are an important part of healthy eating and are the main source of energy for most people. Include more whole grains breads and cereals, rice, pasta, vegetables and fruit as well as beans, peas and lentils in your meal plans.
- Milk and milk products are a key source of calcium and other bone building nutrients such as vitamin D, magnesium, phosphorus and protein. Fluid milk is fortified with vitamin D. A healthy eating plan, which includes calcium and vitamin D along with daily activity, will help prevent osteoporosis. Aim for 2-4 servings of milk and milk products each day.
- Fat provides energy and also helps your body absorb vitamins A, D, E and K. Cut back, but don't eliminate fat. Instead make lower fat choices more often including vegetables and fruit, lower fat dairy products and leaner meats. Flavour foods with salsa, lemon, mustards, chutney, herbs and spices.
- Fibre is important to help maintain regularity and control blood cholesterol and blood sugar levels. Eat a variety of fibre-rich foods everyday including whole grains, fruits, vegetables, and legumes such as beans, peas and lentils.
- Canadian adults do not get enough fibre. Women should aim for about 25 grams of fibre per day while men should aim for approximately 38 grams per day. Achieve this by eating plenty of plant foods - 5 or more servings of whole-grain products and 5 or more servings of vegetables and fruit each day. As you increase your fibre choices, drink lots of fluids.
- Try to keep your caffeine intake under 400-450 mg per day - about 3 medium-size cups (250 ml) of coffee. If you drink alcohol, limit your intake to one serving a day. Serving sizes are one glass of wine (150mL/5oz), a bottle of beer (350mL/12oz) or shot of spirits (50mL/1 1/2 oz).
- Meat is a key source of protein, B-vitamins, iron and zinc. Purchase the leaner cuts more often, trim off visible fat, and bake, barbecue, broil or microwave. Meat alternatives such as eggs and beans, peas and lentils are an economical source of protein.
- Grain products provide B-vitamins, iron and carbohydrates. Enjoy whole grain choices more often such as whole wheat, oats, barley, rye, bran or oat breads and cereals, brown rice, multi-grain breads, pumpernickel bagels, and whole-wheat flour tortillas and pita bread.
- Getting adequate intakes of folate is especially important for women who may become pregnant. Women of childbearing age or planning to become pregnant should eat plenty of folate-rich foods and take a daily multivitamin or mineral supplement that contains 0.4 mg (400ug) of folic acid.
- If you eat out often order healthier choices such as whole grain breads or bagels for sandwiches; meals featuring vegetables such as stir fries, dark leafy green salads with dressing served on the side, vegetable based soups and pasta sauces; fruit salads and yogurt smoothies; bean or lentil dishes; meat or fish that are grilled or broiled instead of deep-fried