



HALDIMAND-NORFOLK HEALTH UNIT

# WORKPLACE HEALTH

## Cook It Up Healthy

With our fast-paced way of life, families have less time to get together for eating a meal or leisure activities. There is also less time for preparing meals that support healthy eating, which has an impact on your health. To find healthy eating advice, time-saving food solutions and recipes, go to [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) where you'll find great tools such as these:

- Eat Tracker – Track your food and activity choices and receive personalized feedback.
- Let's Make a Meal! – Build a one-day menu and then use the food guide calculator to compare your choices against the food guide servings.
- Virtual Grocery Store – Learn how you can use the nutrition information on the label of packaged foods to make healthy choices.
- Recipe Analyzer – Analyze your favourite recipes and get practical tips on how to improve the nutrient value of your recipes.
- Enjoy great tastes, fun times and a lifetime of good health, through daily healthy eating choices where you live, work and play!

### Did You Know?

**Canadians' eating habits need improvement.**

Seven out of 10 children aged four to eight, and one-half of adults, do not meet the minimum five daily servings of vegetables and fruits recommended in Canada's Food Guide. Using the guide to choose the type and amount of foods recommended, will help you to meet

your nutrient needs and achieve a healthy weight. Preparing home-cooked dinners provides more control over eating habits and ensures a balance of foods.

**Families who prepare and eat meals together have healthier eating habits.**

Preparing home-cooked meals and eating together has many advantages:

- It gets kids to eat healthier and develop healthy eating habits.
- It allows families to spend quality time together.
- It provides all family members with a chance to learn food skills for healthy cooking.

**Canadians are cooking less. They want to eat healthy and are looking for quick and easy meal solutions.**

- Try cook-once-eat-twice meal ideas, such as big-batch cooking and freezer friendly meals.
- Enjoy new flavours. Try a new recipe or a new food every week.

**Dietitians can help you make healthier food choices.**

To find a Dietitian, call the Haldimand-Norfolk Health Unit, 519.426.6170 or ask your doctor for a referral to a Dietitian.




**Erin Bellchamber**  
Health Promoter  
Workplace Health Program  
519.426.6170 Ext. 3236  
[erin.bellchamber@hnhu.org](mailto:erin.bellchamber@hnhu.org)

### ANNOUNCEMENTS

## Enter to Win!

Cook It Up Healthy Contest. See page 4 for details.



As a final goodbye, I would like to once again thank you all for your on-going support. I wish you the very best as you strive to move forward in



Giovanna Ferrara

Workplace Health. It is with great delight, as I bid you adieu, to introduce Erin Bellchamber as the new Workplace Health Promoter for the Haldimand-Norfolk Health Unit.

I am excited to meet with all of the workplace partners and look forward to working with you in the next few months as I get settled in my new position in workplace health. I have lots of exciting ideas and I look forward to making 2007 a healthy workplace year.



Erin Bellchamber

# It's Proven

Numerous studies have proven that healthy workplaces increase productivity, morale and job satisfaction while reducing staff turnover, insurance cost and absenteeism.

How can you make your workplace a healthy one?

projecthealth is a **FREE** toolkit that contains information about how to create a healthy workplace and provides suggested activities and resources that you can use to promote physical activity, healthy eating, smoke-free spaces and stress management.

projecthealth is designed to support workplaces in their efforts to promote healthy lifestyles for their employees, healthy eating, physical activity, tobacco-free living and stress management.

To get your **FREE** copy of the projecthealth CD visit [www.healthaction.ca](http://www.healthaction.ca).



## HERE'S A DELICIOUS MENU USING TIME SAVING TECHNIQUES

**Salmon Cakes**  
**Steamed Brown Rice (PLANNED EXTRA)**  
**Mixed Vegetables (FROZEN)**  
**Salad Greens (READY-TO-EAT) with Blueberry Vinaigrette**

### RECIPE FOR SALMON CAKES:

Use **"PLANNED EXTRA"** salmon and mashed potatoes to make these tasty cakes.

**Preparation time:** 10 minutes

**Chilling time:** 30 minutes

**Cooking time:** 4 minutes

**Makes 4 servings**

### **Preparation:**

1. In a medium bowl, combine salmon, potatoes, green onion, red pepper, dill and milk. Season to taste with salt and pepper. Gently stir in egg. Form mixture into four 3/4-inch (1.5 cm) thick cakes. Cover and refrigerate for at least 30 minutes or overnight to let flavour develop.
2. Heat a large non-stick skillet over medium heat. Spray with vegetable cooking spray. Add fish cakes and cook for about 2 minutes per side, or until browned on both sides and hot in the center.

### **Tip**

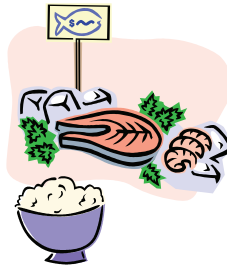
- These cakes can be made the night before, so they are ready to cook when you get home.

### **Variation**

- Vary the flavour by using 6 oz (175 g) cooked haddock, crab or diced shrimp instead of salmon. Change the herbs and veggies depending on the fish or seafood you choose. *From the Dietitians of Canada*

### **Ingredients:**

- **1 can** (7-1/2 oz/213 g) salmon, drained, skin and large bones removed (or 6 oz/175 g) leftover cooked salmon
- **1 cup** (250 ml) puréed or mashed potatoes
- **1/4 cup** (50 ml) finely chopped green onion
- **1/4 cup** (50 ml) finely diced red bell pepper
- **3 tbsp** (45 ml) chopped fresh dill
- **3 tbsp** (45 ml) milk
- Salt and freshly ground black pepper
- **1 egg**, beaten
- Vegetable cooking spray



## Standing the test of time:

### **Big-Batch it!**

Weekends can be a great time to prepare big batches of food that can be refrigerated or frozen for later use. Get together with the family, friends or neighbors and share the work. Foods such as soups, stews, chili, casseroles, muffins, loaves and pancakes are perfect foods to "big-batch."

Consider a pressure cooker: A pressure cooker will help you make delicious stocks, soups, stews and bean dishes, which taste like slow cooked, but in a fraction of the time. Technology has advanced so that pressure cookers now come with many safety features.



### **Make your freezer your friend!**



Many standard recipes can be doubled or tripled and frozen in meal-sized airtight containers or resealable freezer bags that can be quickly defrosted on nights when time is tight.

### **Go for SLOW:**

A slow cooker is a great kitchen appliance that can help you have a hot dinner on the table without much fuss. Simply follow your slow cooker recipe and go about your busy day. The food cooks slowly and safely.



## Who is Health Action?

Health Action is a community-based coalition in Haldimand and Norfolk counties. The coalition works with community agencies and individuals to promote healthy living with a focus on reducing chronic diseases, such as heart disease, cancer, diabetes and stroke. Initiatives take place in schools, workplaces and with families to encourage and support people to Eat for health, Get active, Live smoke-free and Manage stress.

For more information on Heart Health, visit our website at [www.healthaction.ca](http://www.healthaction.ca).



Here is an easy way to rate your meal and see where you can make some healthy changes.

This activity can show you how closely you are following Canada's Food Guide to Healthy Eating. Consider the following:

- Do you eat a variety of foods?
- Does your meal contain 2 - 3 servings of Grain Products?  
(1 serving = 1 slice of bread, ½ bagel, ½ cup of pasta or rice.)
- Does your meal contain two servings of fruits or vegetables?  
(1 serving = ½ cup of juice, 1 cup of salad, 1 piece of fruit.)
- Does your meal contain one to two servings of milk or milk product?  
(1 serving = 2 slices of cheese, ¾ cup of yogurt, 1 cup of milk.)
- Does your meal contain one serving of meat or alternative?  
(1 serving = 2 tbsp of peanut butter, ½ can of tuna, 3 oz of meat.)



### How did your meal rate?

If you answered “no” to any of these questions, try to make changes to your meal tomorrow. Make changes slowly with a long-term goal of answering “yes” to each question.

### Healthy eating does not take time ... it takes imagination.

Eating fruits and vegetables and adding fibre to your lunch are some of the ways you can reduce your chance of heart disease. If you find that you don't have time to eat healthy, try these great tips!

- If you eat at your desk, stock a drawer or shelf with non-perishable foods. Try dried fruit, cold cereal, whole grain crackers, peanut butter and juice boxes.
- If your place of work doesn't have a refrigerator, an ice pack or a frozen juice box can help your bag lunch keep its cool.
- Add variety to your life by buying different foods each time you shop. If you like raisins, try dried apricots, cranberries or blueberries. There are different types of breads, bagels and rolls and many types of cold meats. These little changes will help you keep your lunch interesting.
- Clean and cut raw vegetables or fruit and pack them in small plastic bags to grab and go. Try dipping your fruit in the recipe below:

#### YOGURT-ORANGE BREAK TIME DIP

##### Ingredients:

- ¾ cup plain yogurt
- 2 tbsp frozen orange juice concentrate
- 1 tbsp packed brown sugar
- 1 tsp grated orange rind (optional)

##### Directions:

1. In small bowl, combine yogurt, orange juice, sugar and orange rind.
2. Mix and serve.

# Smoke-Free Ontario

The act seeks to protect employees from exposure to second-hand smoke in enclosed workplaces, which is the inside of any building, structure or vehicle that an employee frequents during the course of his or her employment. An enclosed workplace includes the inside of a trailer office on a construction site, or the inside of a delivery truck. The ban on smoking in an enclosed workplace is in effect at all times, even during off-hours when people are not working.



## Here are some reminders for your workplace:

- An employer may accommodate those employees who smoke, provided the smoking shelter is outside and consists of **no more than two walls and a roof**.
- A company vehicle used at any time by an employee is an enclosed workplace and is to remain smoke-free at all times.
- No-smoking signs must be posted on all entrances/exits and washrooms to ensure everyone is aware that smoking is prohibited.
- All ashtrays (and objects that serve as ashtrays) are to be removed from the inside of the building.

Haldimand-Norfolk Health Unit has a Tobacco Enforcement Officer on staff who will carry out inspections and investigate complaints of non-compliance in workplaces. If you would like to report an incident of non-compliance, please contact us on our confidential line at 519.426.6170 Ext. 3278 or by email at [smokefreeontario@hnhu.org](mailto:smokefreeontario@hnhu.org).

# Enter to Win!

Celebrate Nutrition Month with the Haldimand-Norfolk Health Unit and Health Action by participating in the Cook It Up Healthy Contest! Send us your tips on how you get your family together to share a meal and your healthy meal ideas when time is tight. All contest participants will receive a free gift and are eligible for a Simple Great Food cookbook draw prize (\$30 value).



Send your name, town and phone number with your tips by March 23, 2007 to:

Cook It Up Healthy Contest  
 Attention: Health Action  
 Haldimand-Norfolk Health Unit  
 P.O. Box 247, 12 Gilbertson Drive  
 Simcoe, ON N3Y 4L1

Email: [info@healthaction.ca](mailto:info@healthaction.ca) (Subject: Cook It Up Healthy Contest.)  
 Fax: 519-426-9974 (Attention: Cook It Up Healthy Contest.)

Your tips may be published in local papers in early April.



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