

Please order me a Healthy Living Food Box

Name: _____

Address: _____

Telephone: _____

Number of boxes: _____ @ \$20.00 each
(cash only)

Payment enclosed: \$ _____

Date of birth: _____

Special dietary restrictions/preferences:

We welcome your comments or suggestions.

**Drop your order form and enclosed
payment off at:**

Sunset Country Métis Hall

714 Armit Ave.

11:00am –4:30pm

ONLY on the **first Wednesday of the
month.**

**Pick up dates and times will be
posted at:**

Sunset Country Métis Office 274-1386
Northwestern Health Unit 274-9827
Sunset Country Métis Hall 274-5685

**Failure to pick up your food box
by 5:00pm results in an automatic
donation of your food box.**

**Healthy Eating is important for
your health and well being.**

Healthy eating means:

- ✓ **Choosing a variety of food.**
Eat many different foods like whole grains fruits and vegetables, low fat milk products and wild and lean meats.
- ✓ **Drinking more water.**
Drink at least 6 to 8 glasses of water every day.
- ✓ **Eating more foods that are high in fibre.**
Eat foods high in fibre, like whole grain breads and cereals, canned beans, fresh vegetables and fruits.
- ✓ **Eating less fast food, pop, chips and chocolate bars.**
Many fast foods have lots of hidden fat and sugar in them, so try to cut back on these foods. Try eating fruits and vegetables instead of chips and chocolate bars.

Healthy Living Food Box



This program is brought to you
through the partnership of:

Northwestern Health Unit

**Métis Nation of Ontario
Healing and Wellness
Branch**

**Gizhewaadiziwin Health
Access Centre**

**Valley Diabetes Education
Centre**

What is the Healthy Living Food Box?

The Healthy Living Food Box is a program that supports families and individuals in improving their health by providing access to affordable healthy foods.

How does it work?

- You order and pay for your Healthy Living Food Box **ON the first Wednesday of the month at Sunset Country Métis Hall (714 Armit Ave.)** between 11:00 am—4:30 pm.
- You pick up your Healthy Living Food Box on the **third Wednesday of the month at Sunset Country Métis Hall (714 Armit Ave.)** between 12:00 pm—5:00 pm.

How can it help me?

The Healthy Living Food Box can help you include more fruits and vegetables in your diet. Eating a healthy, balanced diet promotes health and helps to prevent disease.

Can anyone take part?

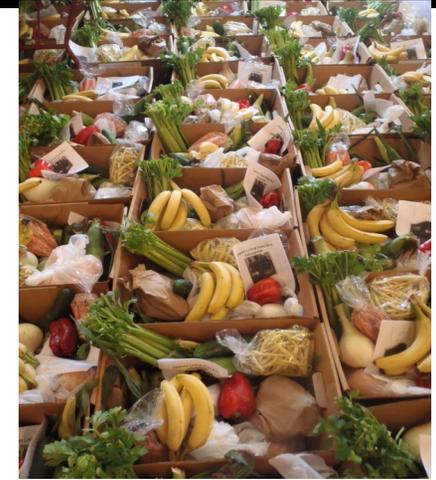
Yes! The Healthy Living Food Box is great for anyone wanting to eat healthier. It is also very useful for people trying to stick to a monthly budget, or struggling to find the time to go out grocery shopping. Whatever the reason — give it a try!

Can I choose the food in my box?

No, everyone gets the same thing. You can share feedback on your order form.

What's in a \$20 Healthy Living Food Box?

- Your food box will contain a variety of fruits and vegetables (purchased locally when possible).
- Items vary each month to offer variety and depending on availability.
- Recipe ideas and tips are included in the Healthy Living Food Box monthly newsletter.
- On average, the value of the food box (if purchased in a grocery store) is about \$35—\$40.



How does the program save me money?

- 💰 Fruits and vegetables are bought in bulk at the best price. You save compared to the prices that you'd pay in grocery stores.
- 💰 Purchasing in-season produce costs less than out-of-season produce.
- 💰 The Healthy Living Food Box is not for profit and depends on volunteers. This means that more money goes into buying healthy food items for the boxes.
- 💰 The program helps ensure that your family has healthy food items each month.

This program is brought to you through a partnership between The Metis Nation of Ontario Healing and Wellness Branch, Gizhewaadiziwin Health Access Centre, the Northwestern Health Unit, Valley Diabetes & our dedicated volunteers.