

## Events

Next Meeting:  
Monday, February 25<sup>th</sup>,  
2019 at 7:30pm  
Canlan Ice Sports  
Burnaby 8 Rinks

## The Executive and Contact

**President** Rhonda Ott: r.ott1622@gmail.com

**Vice President** Meghan Doll: m.doll1622@gmail.com

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**Executive at Large** Michelle Hamilton: m.dawn1622@gmail.com

**Secretary Treasurer** Maricruz Alducin Ramirez

## Canada's New Food Guide

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods



### Why should a workplace be concerned about healthy eating?

- Healthy eating can elevate mood, energy and self-esteem
- It can also reduce anxiety and stress!

Store in your desk or locker	Store in the fridge	On the Road
<ul style="list-style-type: none"> <li>• Whole grain crackers</li> <li>• Dried fruit / Canned fruit</li> <li>• Juice box</li> <li>• Rice cakes</li> <li>• Cereal</li> <li>• Granola bars</li> <li>• Peanut butter</li> <li>• Canned fish</li> <li>• Canned fruit (in water or light syrup)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain bagels / Bread</li> <li>• Bran muffins</li> <li>• Low-fat yoghurt</li> <li>• Cottage cheese</li> <li>• Fresh fruit</li> <li>• Raw vegetables</li> <li>• Low-fat cheese</li> <li>• Milk</li> <li>• Salad greens</li> </ul>	<ul style="list-style-type: none"> <li>• Baby carrots</li> <li>• Celery sticks</li> <li>• Bagel bits</li> <li>• Rice cakes</li> <li>• Apples</li> <li>• Whole grain crackers</li> <li>• Low salt pretzels</li> <li>• Nuts</li> </ul>

(Adapted from the article [Healthy Snacks for Adults](#). Dietitians of Canada.)



**LifeWorks**

## The market-leading Employee Assistance Program

The world's leading Employee Assistance Program (EAP) is designed to help your employees manage and prevent challenges, so they stay healthy at work and home. What's more, it all comes to life on the first total well-being platform to go with a preventative and proactive service delivery.

**Having trouble with work—home life balance? Finding it difficult to follow a healthy lifestyle with too much stress in the way? Lifeworks EAP program is offered to our BCSPCA staff. Please see our website for the link! [www.cupe1622.com](http://www.cupe1622.com)**

# WORK LIFE EATING!

SITUATION	TRY TO LIMIT	TRY INSTEAD
MEETINGS	<ul style="list-style-type: none"> <li>• Donuts</li> <li>• Large muffins</li> <li>• Cookies</li> <li>• Cream and sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Small muffins</li> <li>• Individual low fat yoghurt</li> <li>• English muffin</li> <li>• Fresh fruit</li> <li>• Juices / Water</li> <li>• Milk and alternative sweeteners</li> </ul>
VENDING MACHINES / CATERING TRUCKS	<ul style="list-style-type: none"> <li>• Danish</li> <li>• Chocolate bars</li> <li>• French fries</li> <li>• Pop</li> <li>• Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Juices / Water</li> <li>• Low salt pretzels</li> <li>• Sandwiches</li> <li>• Milk</li> <li>• Soup</li> <li>• Fruit</li> <li>• Cereal boxes</li> <li>• Yoghurt</li> <li>• Whole grain breads</li> </ul>
HECTIC SCHEDULE / LONG HOURS	<ul style="list-style-type: none"> <li>• Chips</li> <li>• Cookies</li> <li>• Coffee with cream</li> <li>• Hot dogs</li> <li>• Pizza with double cheese and pepperoni</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• English muffins</li> <li>• Raw vegetables</li> <li>• Salads with lower-fat dressing</li> <li>• Lean sliced meats</li> <li>• Milk</li> <li>• Yoghurt</li> </ul>
ON THE ROAD / LUNCH MEETINGS	<ul style="list-style-type: none"> <li>• Chips</li> <li>• Fried foods</li> <li>• Large burgers</li> <li>• Salads loaded with dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Small plain burgers</li> <li>• Whole grain bagels</li> <li>• Cereal bars</li> <li>• Whole grain crackers and cheese</li> <li>• Juice / Water</li> <li>• Turkey sandwiches</li> <li>• Pizza with ham and vegetables</li> </ul>



References  
<https://www.ccohs.ca/oshanswers/psychosocial/healthyeating.html>  
<https://food-guide.canada.ca/en/>