

The Newsletter

The Executive and Contact

President Rhonda Ott: r.ott1622@gmail.com

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

Recording Secretary Mallory Hoyland: malloryhoyland@gmail.com

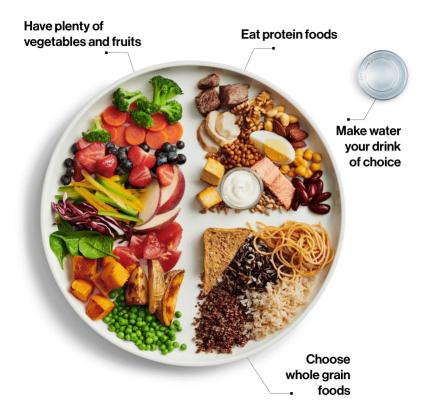
Executive at Large Michelle Hamilton: m.dawn1622@gmail.com

Secretary Treasurer Maricruz Alducin Ramirez

Events

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

Canada's New Food Guide





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





Store in the fridge	On the Road
Whole grain bagels / Bread	Baby carrots
Bran muffins	Celery sticks
 Low-fat yoghurt 	Bagel bits
Cottage cheese	Rice cakes
Fresh fruit	Apples
Raw vegetables	Whole grain crackers
 Low-fat cheese 	Low salt pretzels
• Milk	Nuts
Salad greens	
	 Whole grain bagels / Bread Bran muffins Low-fat yoghurt Cottage cheese Fresh fruit Raw vegetables Low-fat cheese Milk



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

WORK LIFE EATING!

SITUATION	TRY TO LIMIT	TRY INSTEAD
MEETINGS	DonutsLarge muffinsCookiesCream and sugar	 Small muffins Individual low fat yoghurt English muffin Fresh fruit Juices / Water Milk and alternative sweetners
VENDING MACHINES / CATERING TRUCKS	 Danish Chocolate bars French fries Pop Chips 	 Juices / Water Low salt pretzels Sandwiches Milk Soup Fruit Cereal boxes Yoghurt Whole grain breads
HECTIC SCHEDULE / LONG HOURS	 Chips Cookies Coffee with cream Hot dogs Pizza with double cheese and pepperoni 	 Fresh fruit English muffins Raw vegetables Salads with lower-fat dressing Lean sliced meats Milk Yoghurt
ON THE ROAD / LUNCH MEETINGS	 Chips Fried foods Large burgers Salads loaded with dressing 	 Small plain burgers Whole grain bagels Cereal bars Whole grain crackers and cheese Juice / Water Turkey sandwiches Pizza with ham and vegetables



References

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

