

Delta Food Coalition Newsletter volume 3 May 2010

The Delta The Delta Food Coalition is made up of a group of representatives and partners from the following organizations:

- Deltassist Family Services Society
- Earthwise Society
- Boys' and Girls' Club
- Fraser Health Authority
- Delta Farmland and Wildlife Trust
- Canadian Mental Health, Delta Branch
- Delta Mental Health and Addictions
- Go Green Delta
- Community Volunteers
- Canadian Cancer Society
- Sungod Community Garden Society



Sungod Community Garden in North Delta BC

Garden plots still available for more information contact www.sungodcommunitygarden.com



The goal of the Delta Food coalition will through a collaborative effort build community capacity to create 'A Sustainable Healthy Community with Food for All'

The Canadian Cancer Society in their Eat Well, Be Active, What you can do booklet (p 6)states: 'A good way to improve your diet is to eat 5 to 10 servings of vegetables and fruit each day. Variety is important for good health, so mix up your choices as much as you can.'

Vegetables and fruit are:

- Excellent sources of vitamins, minerals and phytochemicals
- High in fibre (to keep you digestive system healthy)
- Low in fat and calories

A diet that includes a variety of vegetables and fruit instead of higher-fat, higher-calorie foods can help you achieve and maintain a healthy weight. People who are overweight are at greater risk for cancer and other health problems such as diabetes, heart disease and stroke.'

Information about the Canadian Cancer Society can be found at: www.cancer.ca



Delta— The Challenge!

Participate, have fun and Win Prizes!

Improve your diet and eat 5 to 10 servings of vegetables and fruit each day. Register your name and contact information with the Delta Food Coalition amw@solstice-consulting.ca by May 9, 2010. Record the number (based on the honour system) of servings of vegetables and fruit you eat each day between May 10 and May 30, 2010. At the end of the month send your completed record with your name and contact information to the Delta Food Coalition, the results will be tallied and the top three individuals will win a prize.

For More Information
Contact: Delta Food Coalition Coordinator
Ann Marie Walsh amw@solstice-consulting.ca
604-767-1766

Next Meeting: Thursday May 20, 2010
11:30am to 1:00pm
Deltassist Family Services Society
9097 120th Street, Delta BC