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Shoal Lake

Students Warm to Hot Nutritious Lunches

The food you eat directly affects the performance of your brain. Eating the right food can boost your IQ, improve your mood and sharpen your memory. Knowing this, the CDPI committee in Shoal Lake takes good nutrition into the schools. At exam time they hand out free nutritious snacks of yogurt and muffins to students, boosting concentration at a key point in time. Pat Mills said a hot, nutritional lunch is the main focus of CDPI and volunteers even go from classroom to classroom with trays of free vegetables to encourage students to have a good snack. “At first we heard some complaining,” she said of the change to nutritious food in the canteen, “but it has become very successful.” Peer pressure has worked in a good way. “If one kid will take some, others will too.”

Mills says a nutritionist was brought into the school and students are beginning to realize the correlations between eating junk food, obesity, and ill health. The school will also bring in the Lungs Are For

“Now you see them walking even when the weather is miserable.”

Life program which is designed to help students from Kindergarten to Grade 12 develop the skills they will need to avoid smoking or using other harmful drugs such as cannabis and alcohol. One of the goals of the Lungs Are For Life program is to reach young people before they try their first cigarette.

Physical activity is also encouraged, with CDPI providing oranges for the nutritional break at the annual Terry Fox run and the Jump Rope for Heart event. The children’s skating program is supported with funding to provide helmets and purchase ice rental time so that all children can participate, regardless of their ability to pay.

Adults are also encouraged to increase their physical activity in Shoal Lake. Mills said she has noticed weight loss directly related to walking programs in the community and she has seen one family member start walking and bring other family members on board.

CDPI provides pedometers for the seniors walking program – people borrow the pedometers and are challenged to keep track of their steps. Walkers found they got fit, lost weight and have a better quality of life. “Now you see them walking even when the weather is miserable,” said Mills. Walking is a cost-effective way to decrease risks for cancer, heart disease, diabetes and strokes and allows people to live longer and with more vitality. In Shoal Lake they have found that tracking with a pedometer is a great way for community members to get, and stay, motivated.

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Take Note

Students, Drinking, and Pot

By the end of high school, about 90% of Manitoba students will have consumed alcohol, and nearly 75% of all students will have tried cannabis.

<http://74.125.95.104/search?q=cache:vJ08jo1Ft38J:www.afm.mb.ca/pdf/Alcohol%2520and%2520other%2520drug%2520use%2520by%2520Manitoba%2520students%25202005%2520report.pdf+students+cannabis+alcohol+canada+stats&hl=en&ct=clnk&cd=42&gl>