

HEALTHY LIVING IS ABOUT MAKING HEALTHY CHOICES, LIKE EATING WELL, BEING ACTIVE AND FEELING GOOD ABOUT YOURSELF EVERY DAY

Developed by Canadian dietitians, the **Mission Nutrition*** program focuses on instilling healthy eating habits in school age children from Kindergarten to Grade 8. The tips, tools and activities found at www.missionnutrition.ca can help you learn about Eating Well with Canada's Food Guide together as a family. Pre-school children over the age of two and teenagers can also benefit from following the healthy eating principals in Canada's Food Guide.

Enter the *Mission Nutrition** Healthy Eating Challenge and You Could WIN a Healthy Eating Makeover for your Family!

You could have a Registered Dietitian come to your home, talk with your family about your eating habits, what's in your cupboards and how you grocery shop. The dietitian will then work with you to identify healthy eating goals and make a plan to help guide you and your family on your healthy living journey.

Full contest rules and regulations can be found at www.missionnutrition.ca

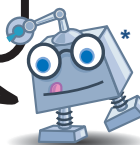
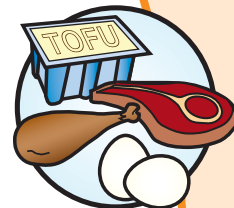
ENTERING IS EASY!

- STEP 1:** Visit the Family Healthy Eating Toolkit in the Families section at www.missionnutrition.ca.
- STEP 2:** Review the Breakfast First section with your family and fill in a copy of the **Mission Nutrition* Family Breakfast Planner**. Make sure each breakfast idea is different from the others.
Hint: there are lots of great ideas in the Sample Family Breakfast Planner.
- STEP 3:** Attach your completed Entry form to the Breakfast Planner and send it to Post Office box number 4005, Paris, Ontario N3L 3W9.

Deadline: All Entries must arrive no later than August 22 2008 and the winning family's name will be drawn on August 26, 2008.

DID YOU KNOW? When families eat together, children tend to make healthier food choices. Family meal times are a great time to create healthy eating habits for life!

www.missionnutrition.ca



ENTRY FORM:

Name: _____ Age of Children: _____
 Home Address: _____
 City: _____ Province: _____ Postal Code: _____
 E-mail Address (optional): _____ Phone Number: _____

Mathematical Skill Testing Question: $(15 \times 7 \div 5) + 68 - 34 =$ _____

I have read and agree to abide by the contest rules