

April 2016 Nutrition Nook Posts

Links no longer work

April 19, 2016 - The Cost of Healthy Eating - North Bay/Parry Sound 2015

Did you know that The Cost of Healthy Eating 2015 report shows that individuals receiving social assistance or earning minimum wage do not have enough money for all the costs of living, including nutritious food.

Click [HERE](#) for The Cost of Healthy Eating 2015 Infographic Report.

For more information on this topic, go to the North Bay Parry Sound District Health Unit - [Food Security](#) page.

April 21, 2016 - The Powassan Maple Syrup Festival



It's back and happening this weekend, Saturday April 23, 2016. Check out all the events and fun things to do on their [website](#).

I love Maple Syrup. I love them on pancakes but also on oatmeal and salmon dishes. Maple Syrup is also great in salad dressings. Remember, Maple Syrup is still a sugar, try to use in moderation and ALWAYS enjoy it. 😊



Trish, our Diabetes Nurse Educator also loves Maple Syrup. This year her kids Matthew and Madison helped to tap a few trees in their yard and made maple syrup together. What a great family activity!

April 27, 2016 - North Bay Sport Trade Show

This event takes place from 9am-4pm at École Secondaire Publique Odysée on April 30, 2016.

Discover, learn about and register for a variety of sport programs for all ages!

Check out all there is to do in North Bay! [City of North Bay - Recreation](#)

