

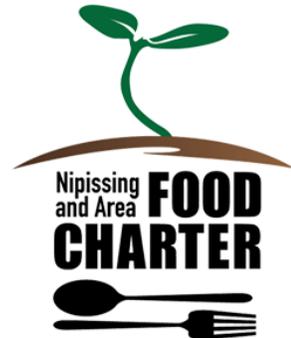
# October 2016 Nutrition Nook Posts

\*Links may no longer work\*

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## October 4, 2016 - Local Food Events

Check out the Nipissing and Area Food Charter Website for an updated list of [food related events](#) in the community.



The Dietitians at the North Bay Parry Sound District Health Unit have put together the Nipissing and Area Food Charter, a great community initiative to bring the importance of local food and a healthy food environment to the forefront.

Read about how you can get involved and support the Food Charter by clicking [HERE](#).

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## October 6, 2016 - Last Farmers Market of the Year

I remember being excited when the market opened for the season back in May. Now it's closing time. I plan to go and pick up some dessert, maybe a pie or two. Make sure you make it down there Saturday morning.

In the spirit of giving? This Saturday, bring down your non-perishable food items to donate to the North Bay Food Bank. Let's make sure everyone gets a nice meal this year! Check out the [Farmers Market Facebook page](#) for more information.



See you out there!

## October 11, 2016 - Stress

Happy Thanksgiving!



Hopefully everyone had a great, stress free weekend with family and friends. I'm not going to lie, sometimes I stress over little things. Everything has to be just perfect. A few things I do to try to cope are getting enough sleep, getting outside for walks as often as I can and trying to make time for me, to relax.

Many people struggle with stress and often go to food. Here is a great article on things you can do to manage your stress without going to food. Click [HERE](#).

[Eat Right Ontario](#) is a great website full of information and contact information to get a hold of a Registered Dietitian. If you'd rather speak to a Registered Dietitian in person, ask your doctor for a referral if you are part of the Blue Sky Family Health Team.

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## October 13, 2016 - Food Recalls

Ever wonder if a food you've eaten has been recalled because you heard the last 2 seconds of the announcement on the radio? It's so easy to access information these days, social media is always buzzing with information. Here is a trusted site with the latest recalls and alerts. Check it out [HERE](#).



I'll add this link to the Nutrition Resources Link.

Stay warm out there, it's a chilly one:)

## October 20, 2016 - Winter Farmers' Market



It's true! The Farmers' Market is moving indoors. Doors will open on November 5th, 2016 in the North Bay Mall. To give input on what you'd like to see at the Farmers' Market, click [HERE](#).

## October 27, 2016 - Just that kind of day

It's been a long week, and still one more day to go. I've been at the 6th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity. I've learned a lot; how important family is when treating children, how important context is when it comes to screen time, the importance of sleep, not just duration and quality but timing as well. There will definitely be some interesting posts about all of this in the near future, but today, a pun, just for fun!

