

December 2016 Nutrition Nook Posts

Links may no longer work

December 6, 2016 - Eating well can be expensive!



Many go without food and other necessities this time of year, it's a sad time for many. Christmas isn't the only time people need to eat and feel food secure. Many don't make enough to make ends meet. The food banks and community kitchens do their best to help out, but is there more we can be doing? Check out the [Food Security Website](#) from the North Bay Parry Sound District Health Unit.

The Farmers Market will be open twice this week; the usual Saturday morning times and also on Friday from 5-9pm. Buy a ticket for a draw to win awesome goodies. Proceeds go to the Food Bank. Check out their [Facebook page](#) for more information.

December 12, 2016 - Eating well can be exhausting!

Planning meals, cooking meals, going through the flyers, constantly remembering all the tips and tricks you see online or from family or from your dietitian. Ya...it's tough. Hang in there, take one day at a time, one meal at a time. Focus on the positive - remind yourself of all the healthy habits and choices you've made, not all the ones you didn't.



The dietitians here at Blue Sky Family Health Team know how hard it can be, we're here to support you and hopefully make things easier to make those healthy choices. Come see us, ask for a referral today!

December 14, 2016

Walking Group and Low Impact Exercise Classes are back starting December 20, 2016.

Walking Group - Tuesday and Thursday Mornings at 10am.

Low Impact Exercises Classes - Tuesday and Thursday afternoons at 3pm.

Call Tom at 705-475-0500 for more information.



December 16, 2016 - Grow Food!

I've been a dietitian for about 6 and a half years. One thing that almost everybody wants to know is what foods they should avoid. I try to talk about what foods are good for them and what they should include to a healthy diet. There is already so much information out there and you can find something negative about just about every food if you look hard enough. Why not try to look at food as our friend, not our enemy, include healthy foods rather than just simply focusing on avoiding the unhealthy ones.



Food And Brand Lab at Cornell University do research on our eating behaviours and what can help drive healthy eating. Check out this research on [Positive Messaging vs Fear messaging](#).

I would love to see more on the positives about food than the negatives. Here's a catchy little rap about growing food and eating well. Enjoy!

[Grow Food!](#)

December 20, 2016 - I'm Beautiful, I'm Worthy!

Who doesn't love a good catchy tune to drive home a really important message?

Weight based bullying is NOT okay. Our shapes and sizes are only one little part of who we are. A focus on weight and the scale diminishes who we are as a person. Please, remind your kids and each other of all the wonderful things about a person, remind each other that someone's shape and size is not everything. Put those scales away if they make you feel bad. Stop judging your body in that amazing outfit you want to buy. Tell your friends how beautiful they are on the inside, not only when they've lost a few pounds.



myjournalofhealth @tumblr

Check out this wonderful song and remember to tell yourself and each other every day:

[I'm Beautiful, I'm Worthy!](#)

December 22, 2016 - Happy Holidays!

I've just wrapped up daily tips - [15 tips for Holiday Eating Without Weight Gain](#).

All tips are posted on the Healthy Eating tips section of our website or you can click on the original handout above.

Remember:

"Most importantly, delight all of your senses. Enjoy the company, the atmosphere, the entertainment, and the traditions as much, if not more, than the food."

