



HEALTHY BABIES NETWORK

NEWS

catholic family service



serving & employing people of all faiths & cultures



calgary health region

June 2008 Edition #1

Know Your Nutrition

FRUIT AND VEGETABLES: TOP OF THE RAINBOW IN THE NEW GUIDE!

It's no surprise that the fruit and vegetables group is first and foremost in the new Canada's Food Guide in terms of daily servings. Rich in vitamins, minerals, antioxidants and fibre, fruit and vegetables are a veritable long-term health insurance policy. Brimming with colour and flavour, most have the added benefit of being low in calories and fat. [Canada's Food Guide](#) is a tool designed to help you make sensible food choices. Based on your age category and gender, there is a recommended number of daily servings for each of the four food groups, including fruits and vegetables.

Dark green and orange fruit and vegetables are good sources of Folate (B Vitamin) Vitamin C and Iron all important nutrients to ensure a healthy pregnancy and to meet nutrient needs of a breastfeeding mum.

Science suggests that fruit and vegetables could:

- Decrease the incidence of Neural Tube defects during pregnancy through the consumption of Folate(B vitamin) rich fruit and vegetables .
- reduce risk of cancer, heart disease, high blood pressure and diabetes
- improve intestinal regularity
- make it easier to maintain a healthy weight .

Tips to increase fruit and vegetable consumption

Breakfast ideas: start your day with a smoothie or add banana, dried fruit or berries to cereal.

Lunch ideas Add fruits or vegetables to salads, soups,veggie sticks,veggies in sandwiches or wraps.

DISCUSSION WITH DONNA

As we are entering into the summer season, let this newsletter serve as a reminder to take time to enjoy the sun, fresh fruits and vegetables that are finally available and to be plentiful about the coming year.

From our last Service Team meeting, suggestions were made about changes to the Interagency Referral Form – expect to see a new version before the end of next week.

Also, suggestions were made about having gift cards available from both Safeway and Superstore and we are currently reviewing this suggestion.

Dates to Remember

The following is a list of Community Advisory Team meetings. All meetings are held from 10:30 – noon at the North Hill Community Health Centre (1527 19 St. N.W.)

Oct. 1/08
Jan. 8/09
April 2/09 and
June 25/09

Social Work Section

Healthy Babies Network has yet to hire someone into the social work position but we are interviewing the week of June 23-27. In the interim, please continue to send all social work related referrals/inquiries to Donna via fax to 283-8899.

Some funding updates to report:

- CUPS is not accepting Housing Support Applications because funding was not renewed. However, the housing and supports their relationship with landlords so that they can stay housed, is continuing.
- The Red Cross isn't assisting with utilities during the spring and summer. They will begin accepting applications again in October.

CAPC/CPNP Updates

As previously notified, the only form that we require you to complete (for CPNP) at this time is the Welcome Card. However, Health Canada is in the process of revising that tool as well as pre and postnatal evaluations. Stay tuned for a revised version expected this fall.



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Dinner ideas: Add veggies to stirfries, pastas rice or stews. Try veggie pizzas. Grill fruit like peaches or pears s sprinkle brown sugar and enjoy.

Its affordable!

- Buy fresh produce when in season.
- Frozen vegetables and fruit are a good buy.
- It is important to choose canned fruit and fruit with no added sugar or salt. If they have added salt or sugar rinse them with water before using them.

Fruit and Veggie days at the food bank

The summer months finds us with an abundance of fruits and vegetables. In order to encourage consumption of fruit and vegetables, the Calgary Interfaith Food Bank has a supplemental hamper which mainly consists of fresh produce of the season. Beginning May 26th, 2008 each household that receives a hamper will be given a voucher which can be redeemed strting June 17th, 2008 on Tuesday and Friday afternoon between 1.30-3.00pm, until August 29,2008. These supplements will be distributed at the main location (5000-11st S.E.). A voucher is required in order to pick up the supplement and the voucher is time limited and will not be honoured after the expiry date. Please contact Lee ann Fielding lfielding@CalgaryFoodBank.com for any further questions about this initiative.

Member Memo

I have not received any partner updates to report to you at this time.

If you have any agency/programming/staffing/training news that you would like to share with the Network, please let Donna know by mid-August for the September issue.

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HBN staff holidays: Just to let you all know that Donna will be away from July 21 – August 10.
Brinda will be away from June 27- July 7, from August 5 – 10 and one other week that has yet to be determined.