

Labrador Regional
Wellness Coalition

Newsletter

FALL 2017

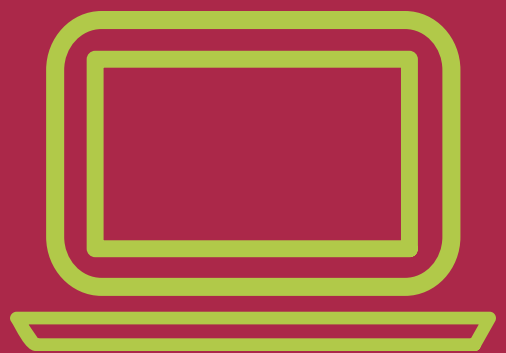
Co-Chair's Note: Fall is in the Air



LIKE ALL THE LITTLE ANIMALS AROUND US, BEGIN PREPARING FOR THE CHILLY WEATHER! GET OUT THE HATS, MITTS, AND BOOTS. MAKE THE NICE WARM SOUP. CUDDLING UP WITH SOMEONE, WHETHER YOUR KIDS OR YOUR PARTNER, IS ALWAYS GOOD FOR THE SOUL. ENJOY THE FALL COLORS AND KEEP SMILING!

WWW.LRWC.CA

Visit our website: new shorter domain name!



Education Sessions

This year we decided to have online education sessions since we did not have a face-to-face workshop as in previous years.

We will be hosting two sessions:

October 13th, 2017

Health Promotion 101, an introduction to HP

February 16th, 2018

How to Write a Great Grant Application!

Keep watch for the invitations and specific times.



Ticker Tom Puppets



We now have a series, "Ticker Talks", of puppet scripts to accompany the puppets. There are 3 scripts: healthy eating, healthy living, and being smoke free. To borrow Ticker Tom puppet or mascot, please contact info@lrwc.ca

Repeat Grant Applications

- Organizations seeking repeat funding must have submitted receipts and an evaluation report from the previous successful application.
- Repeat applications must propose a new project or further develop their existing proposal.

Reminder

Due to high numbers of grant requests, the Grants Team will be checking for these requirements to be filled in order to consider another grant application.



November

Is Fall Prevention Month
Visit www.fallpreventionmonth.ca
for more information and activities
you can do in your community!





Kids Eat Smart Foundation

NEWFOUNDLAND & LABRADOR

Kids Eat Smart Foundation Newfoundland and Labrador is a registered charity with a vision to provide nutritious food to school aged children in our Province so they are well nourished and ready to learn. Every child is welcome to participate in a KES Club at no cost to the child or families; children just show up and enjoy breakfast or snack. Kids Eat Smart Clubs provide healthy food in a comfortable and friendly environment.

We currently operate 22 KES Clubs in Labrador. One of our principal's at Black Tickle, Ms. Madeline Keefe, shared with us on her Principal's Report, "Students come to breakfast program for a nutritious breakfast and also socialize with their friends. They are more alert and energized to start a new day and to complete work assigned in order to become more successful in their academic studies and to develop more healthy habits in order to live a healthy lifestyle".

On Thursday, October 5, 2017 children in schools throughout the Province participated in our province wide Smoothie Day.

You can make smoothies any day by following this easy recipe:

Berry & Banana Smoothie

Ingredients (approx 2 servings)

- 1 cup frozen berries of choice (mixed berries, strawberry, blueberry or raspberry)
- 1 frozen ripe banana
- 1/2 cup plain yogurt
- 1/4 cup water
- Honey (to taste)

Directions

Firstly, adjust ingredients appropriately depending on how many students you will be serving. Combine all ingredients in a blender and blend until a smooth consistency. Pour up and Enjoy!

Recipe adapted from: www.foodnetwork.com/recipes/food-network-kitchens/mixed-berries-and-banana-smoothie-recipe.html

Kristin Hedges, khedges@kidseatsmart.ca, is a Registered Dietitian with Kids Eat Smart Foundation Newfoundland and Labrador

