

- 16 -

Cranberry Portage

Fit Families

You've heard of Poker Derbies but how about a Walking Derby? Thirty-five Cranberry Portage residents in family groups, including all ages from infants to seniors, took a circular walk around the community this spring. They checked in at five different spots along the way and, according to reports, a good time was had by all. The local in motion committee organized the derby and CDPI funding provided healthy snacks. The Derby's success led to the launching of a walking club.

The scavenger hunt left no stone unturned as contagious laughter followed the participants.

Encouraged to get out and walk, people were given forms to monitor not only their walking, but also other physical activities such as gardening and yard work. From walking, the fun factor heightened to a family hike and scavenger hunt at the end of May, where CDPI again provided healthy snacks. The scavenger hunt left no stone unturned and contagious laughter followed the participants.

Cranberry Portage is a community of 700 people about 30 minutes from Flin Flon. Its CDPI program started in April and was quickly linked with in motion. Where some groups focus on healthy living for youth, seniors, or working adults, Cranberry Portage targets the entire family.

When a group of parents launched a baseball program for children aged 4 to 12, CDPI was there with funding for the equipment. Participation gave a whole new meaning to "Take me out to the Ball Game." Parents and grandparents volunteered and formed age-related teams playing a few times a week in the evenings and on weekends.

Promoting healthy choices was also the goal of the elementary school health fair. Among the many displays, students were amazed at one that outlined the amount of sugar in their favourite drinks. They ate the healthy snacks provided at the fair with a new appreciation.

In Cranberry Portage, where families gather, CDPI is there to promote a healthier lifestyle and keep everyone active.

Contact Information:

Debbie McLauchlan
204-472-3671
childfam@mts.net

Take Note

What makes a healthy snack?

The Canada Food Guide recognizes four main food groups:

- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

For a healthy snack, aim to include two of the four food groups. Here are a few simple nutritious snack ideas:

- Pack a few whole grain whole wheat crackers or a small apple with a cheese stick.
- Cut up veggie sticks and send them along with a yogurt dip in a separate little container.
- Make your own trail mix with a few different whole grain cereals, dried fruits and sunflower seeds.

<http://www.eatrightontario.ca/en/ViewDocument.aspx?id=41>