



For Immediate Release: June 1<sup>st</sup>, 2016

## **HAPPY HEALTHY FAMILIES AND MOUNT FOREST FOODLAND LAUNCH HEALTHY CHECKOUT LANE**

**Wellington North, ON** – Happy Healthy Families is a community project aiming to make Wellington North the Healthiest Place to Raise a Family. It is our goal to engage our community across all areas to make healthy living the easier choice. Our goals are to encourage eating more veggies and fruit, drinking more water instead of sugar sweetened beverages, reduce screen time, increase physical activity and increase sleep time.

The first initiative in helping to make Wellington North the Healthiest Place to Raise Child is working in conjunction with Mount Forest Foodland to build a healthy checkout lane. **Join us on Thursday, June 9<sup>th</sup> 10am at Mount Forest Foodland** to officially open the new lane that will offer healthier choices like fruit, vegetables and nuts, versus the standard gum, chocolate bars and candy that you typically see and that tempt young children when checking out at the grocery store. Freggie, our fruit and vegetable mascot, will be on hand for the launch to hand out samples and special children's activities will be incorporated.

The Happy Healthy Families initiative greatly appreciates the commitment from Mount Forest Foodland, and future community partners, to help with our initiative and promote Veggies & Fruit Everyday.

***TIP: Fill a waffle cone with fruit and top with low fat yogurt as an idea to help add veggies & fruit to your snacks!***

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*For more information:*

Visit us online [www.happyhealthyfamilieswellingtonnorth.com](http://www.happyhealthyfamilieswellingtonnorth.com)

Follow us on Instagram @HappyHealthyFamiliesWN

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