



CULTURAL MOMENT
HAPPY HEALTHY FAMILIES
“LET’S MAKE WELLINGTON NORTH THE HEALTHIEST
PLACE TO RAISE A CHILD!”

Happy Healthy Families is a community project aiming to make Wellington North the Healthiest Place to Raise a Family. The goal is to engage our community across all areas to change the culture and make healthy living the easier choice. The actions include encouraging eating more veggies and fruit, drinking more water instead of sugar sweetened beverages, reducing screen time, increasing physical activity and increasing sleep time.

A proud member of EPODE Canada, working with communities across the Country to prevent childhood obesity, Wellington North will utilize best practices and capacity building networks as outlined in their model. Our approach as a community needs to be long-term (4 to 5 years), aimed at changing the environment through capacity building. By doing this, we can change the local environments and family norms to ultimately affect behaviours and the associated health outcomes. It takes the whole community to build Happy Healthy Families.

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 9th 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, the 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 initiatives to make changes in our local culture as it relates to making better food and activity choices.

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

www.happyhealthyfamilieswellingtonnorth.com