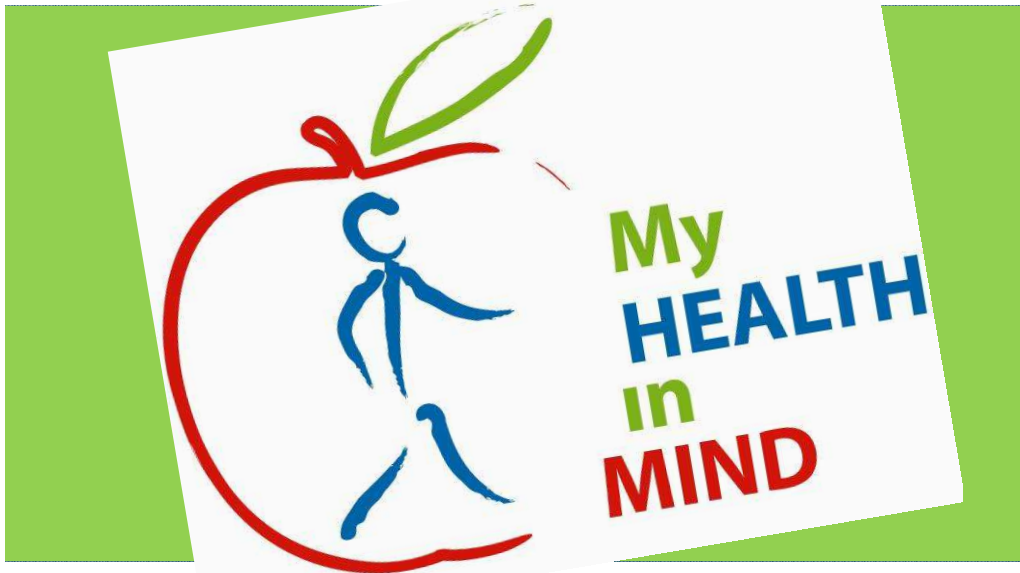


MHIM in a few words



May 2011

- "My Health in Mind": a veritable epidemic!
- Fruits and vegetables at a good price
- Not to be missed



"My Health in Mind": a veritable epidemic!

The "My Health in Mind" program is expanding! As proof, the municipalities of Harrington and Mille-Isles now each have a committee dedicated to setting up healthy activities for the well-being of their residents. The municipalities of Grenville, Gore, Saint-André-d'Argenteuil and Wentworth already have a committee, so we can state that an epidemic of healthy lifestyle habits continues!

Maybe you know members of the newly-formed committees? For Harrington, these include: Gilles De Grandpré, Jenna Bates, Dawn Plummer, June Parker, Deedy Shipton, George Downing, Marlene Dunlop and Laurie Cartman. They are accompanied by municipal councilor Joan Field. In Mille-Isles, these are: Gregory Ardiét, Johanne Arseneau, Charles Lapointe, Julie Lapointe, Sandy Duncan, Francine Côté, Pierre Boucher, Natalie Szabo, Louise Leblanc and Michel Nadeau. Councilor Noreen Howden assumes responsibility for this file.

So, these two municipalities become the 5th and 6th to adhere to the "My Health in Mind" program in the Argenteuil MRC. The committees will first draft an action plan to be implemented over the next three years. Your ideas are welcome!

Do you wonder what kind of action could be undertaken by these committees? Let's take as example the Grenville "My Health in Mind" committee: to mark World Health Day on April 7, they distributed healthy cookies to all the students of the three elementary schools in the village, Saint-Martin, Dansereau and Grenville Elementary. A great way to expose our youngsters to healthy nutrition!



Vera Young and Margaret MacAskil from the "My health in mind" committee of Grenville

Congratulations for the good initiative!

Fruits and vegetables at a good price*



Excerpted from www.defisante530.ca

1. Choose fruits and vegetables in season. For example, opt for berries in summer and citrus fruit in winter;
2. Check for specials in flyers and in stores;
3. Take advantage of certain products that are always economical: potatoes, carrots, turnips, cabbage, bananas, apples, etc.;
4. Buy your fruit at different stages of maturity to avoid losses. Remember: what is expensive is not so much what you buy, but what you throw out;
5. Store your foods at the proper temperature, check them often and use before you lose them;
6. When prices are high, turn instead to frozen or canned fruits and vegetables;
7. Salvage! Use damaged fruit in fruit salad, muffins or breads (banana, for instance) and vegetables past their prime in soups and purées;
8. Keep your fruits and vegetables within sight, so as not to forget to eat them!

Not to be missed

Discovery Walk

The comité 50+ Bouger+ committee invites you to its next walk, for average walkers. On Wednesday, May 25, 2011 in Brownsburg-Chatham. Meeting will be at 540, des Érables Sud, at 9 a.m.

For additional information, call 450 533-6819.

In case of inclement weather, the activity will be cancelled.

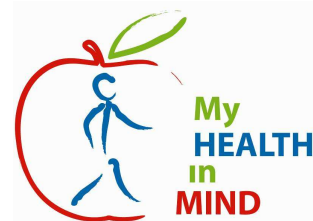
Health Expo in Wentworth

The Wentworth "My Health in Mind" committee invites you to a rendezvous with your health. On Saturday, May 28, 10 a.m. – 3 p.m., come to the Community Centre, 86, chemin Louisa, to take advantage of advice from a dietician and a kinesiologist, for your health checkup and to find out about the whole range of services available in the Argenteuil MRC.

It's all free of charge! Door prizes for the early birds.

For information : 450 562-0701.

You missed the last
column?



Find it at
www.argenteuil.qc.ca