

Food and Healthy Eating @ Work Kit

Need to **borrow** a relevant resource to **educate employees and staff about health topics**? This **FREE** to borrow, easy-to-setup kit is designed to educate your workplace about food and healthy eating.

The kit contains:

- Display panels on **portion distortion, caffeine, and sugar & salt.**
- **Interactive props** that provide models of food serving sizes using everyday items and the amount of salt, caffeine, and sugars contained in common beverages.
- Nutrition **trivia cards.**
- **Educational printed resources** such as fact sheets and Canada's Food Guide.



To borrow the kit or get more information, please contact the **Chronic Disease Prevention & Injury Prevention Team(s)** at the Middlesex-London Health Unit at **519-663-5317 ext. 2220** or email sandy.richardson@mlhu.on.ca.