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www.becomingneighbours.ca



Becoming Neighbours

FEBRUARY: BLACK HISTORY MONTH



This month we honour and celebrate the achievements of Black Canadians native-born and immigrants, and their contributions to

the lifestyle of Toronto. We have the opportunity to learn and be inspired by the history, pride, and strength of African Canadians who have been at the forefront of the struggle for justice and equality for all.

For information: www.toronto.ca/blackhistory

HAPPY FAMILY DAY: FEBRUARY 17!

We are all extended family for one another!!!

Share with your family and friends how important they are to you!



“God, Creator of Earth and of all people, help us to be mindful that, as members of one global family, we are equal in your eyes. Help us to continue to appreciate the diversity of persons in our homes and in our world. As members equal in human dignity, may we build a NEW WORLD and proclaim our willingness to be the holy people you call us to be. Amen”

–adapted from the [Thomas More Center website](http://www.thomasmorecenter.org)

FREE ACTIVITIES AND FESTIVALS



ICEFEST



FREE activities for all the family, ice sculpture displays and ice carving competition and demonstrations.

Date: February 22 and 23, 2014

Time: 12:00 pm to 5:00 pm

Address: 55 Bloor Street West (Bloor and Bay St).

For information: www.bloor-yorkville.com/icefest

FAMILY DAY AT HARBOURFRONT



FREE indoor and outdoor events along the Waterfront ALL day long.

Date: February 17, 2014

Time: 10:00 pm to 6:00 pm

Address: 207 Queens Quay West
(Near Union Station)

For information: www.waterfrontbia.com



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Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys		Females	Males	Females	Males	Females	Males	
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

EATING HEALTHY

As you know, you will experience a change of diet when you move to a new country. Therefore, coming from countries where food is locally produced and often cheaper, it may be difficult to maintain a healthy diet similar to the one you had back home. However, it is important that you stay healthy by taking care of yourself especially with the changing seasons. Follow Canada's Food Guide to make sure that you eat properly. For more info. and to receive your own copy check out this [webpage](#).

CANADA'S FOOD GUIDE:

There are a recommended number of **Food Guide Servings** per day. In this guide, the population is divided into three different categories: **Children (2-13 years old)**, **Teens (14-18)** and **Adults (19+)**.

DIET RECOMMENDATIONS include:

- Eat at least one dark green and one orange vegetable daily.
- Choose vegetables and fruits prepared with little added fat, sugar or salt.
- Have vegetables/fruit more often than juice.
- Make at least half of your grain products **WHOLE GRAIN** each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1%, or 2% milk each day.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two food guide servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.

What is One Food Guide Serving?
Look at the examples below.



Oils and Fats

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Quote of Day:

"Healthy citizens are the greatest asset any country can have." Winston Churchill