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Healthy Living Encouraged for Families

WHITEHORSE – The government is unveiling a new healthy living initiative for Yukon families, Health and Social Services Minister Glenn Hart announced today.

Over the next few weeks elementary schools and child care facilities in Yukon will be receiving a *2009 Healthy Living Challenge Calendar*, which provides families with information and tips on how to lead a healthy lifestyle.

In addition to the calendar, a *Good Nutrition = Good Learning* booklet will also be distributed, which includes information on healthy foods for breakfast, lunch and snacks.

“Nutritious food and active living contributes to healthy individuals and healthy communities,” Hart said. “This initiative provides helpful suggestions to assist families in making healthier choices.”

“We are pleased to partner with the Department of Health and Social Services on these programs,” Minister of Education Patrick Rouble added. “Research has told us that proper nutrition and exercise can help children be successful in school.”

Copies of the *Good Nutrition = Good Learning* booklet, which is funded through the Territorial Health Access Fund, can be downloaded from the Health and Social Services website at www.hss.gov.yk.ca.

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