

# OVERVIEW..

## Healthy Eating is in Store for You™ Educational Resources

### The Healthy Eating is in Store for You™ Program

This educational program is a collaborative partnership between the Canadian Diabetes Association, Dietitians of Canada and an Advisory Committee to support the new Canadian regulations for nutrition information on packaged food labels. The goal of this program is to help consumers make food choices that can lead to overall health and healthy weights and reduce the risk of developing chronic illness, including type 2 diabetes.

### Help for community health educators

These comprehensive educational resources will help community health educators guide consumers in developing the knowledge and skills to interpret and apply the nutrition information on packaged food labels. Resources include:

### INSTRUCTOR MATERIALS

#### Instructor's Guide

Use the step-by-step presentation notes and ready-to-print overheads to present workshops in a modular format:

**Module 1 (60 minutes):**

Introducing the nutrition information on food labels

**Module 2 (90 minutes):**

Reading the Nutrition Facts table

**Module supplement (diabetes):**

Additional resources for instructing people with diabetes

#### Advertising Flyer

Add your own text and distribute to advertise upcoming workshops, tours and events.

#### Instructor Overview PowerPoint Presentation

Use this to get familiar with the educational resources and present it to colleagues/co-workers to encourage them to run the workshops.

### CONSUMER MATERIALS

#### Fact and FAQ Sheets

6 Fact Sheets and 4 FAQ Sheets introduce consumers to nutrients, health claims, nutrient content claims, the ingredient list, the Nutrition Facts table, % Daily Value and serving size. Use these sheets at workshops and elsewhere!

#### Activity Sheets

8 Activity Sheets give consumers hands-on experience applying the nutrition information on packaged food labels. Use these sheets at workshops and elsewhere!

#### Brochure

This handy one-piece brochure summarizes the most important information on reading and applying the nutrition information on packaged food labels.



Healthy Eating is in Store for You™  
Faites provision de saine alimentation™

Visit [www.healthyeatinginstore.ca](http://www.healthyeatinginstore.ca),  
download all the files you need and you are ready to go!

[www.healthyeatinginstore.ca](http://www.healthyeatinginstore.ca)



#### ADVISORY COMMITTEE:

- Canadian Council of Food & Nutrition • Canadian Council of Grocery Distributors • Canadian Home Economics Association
- Canadian Public Health Association • Consumers' Association of Canada • Food and Consumer Products of Canada
- Heart and Stroke Foundation of Canada - Health Check™ Program • Kraft Canada Inc. • Shop Smart Tours Inc.

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