



Stan & Fran

say...
Goodbye



After 8 years, Stan and Fran are saying goodbye.

We hope that you have enjoyed receiving your monthly "dose" of health promotion and will continue in your efforts to support healthy students and staff.

Looking for health promotion ideas and information?



- ✓ Check out past issues of Stan and Fran on the IH School Health Website at: <http://www.interiorhealth.ca/choose-health.aspx?id=8646>
- ✓ Check out BC Healthy Families <http://www.healthyfamiliesbc.ca/> for healthy eating, healthy communities (including schools) and healthy lifestyle ideas.
- ✓ Talk to your school Public Health Nurse.

Nutrition information to support healthy eating

The school nutrition pages on the Interior Health Website contain great resources to support healthy eating at school.

Visit http://www.interiorhealth.ca/school_nutrition.aspx to access information about:

- School Food Initiatives
- School Food Policies and Guidelines
- Nutrition Curriculum Support
- School Success Stories



There are a wide range of healthy eating resources from recipes & videos to blogs at <http://www.healthyfamiliesbc.ca/>

Have nutrition questions and need more information? Dial 8-1-1 and ask to speak to a Registered Dietitian or Email <http://www.healthlinkbc.ca/dietitian>

