



Stan & Fran's Health Hints



June 2009

Eat Local this Season

Food that has been grown locally tastes better, is fresher, and is often more nutritious than food that has traveled long distances. Buying local food also helps support local farmers, the local economy, and is often better for the environment.

We are lucky to have an abundance of locally grown produce choices in B.C. Take advantage of this luxury and indulge in the crisp, juicy, and flavorful difference that local food offers. Try some or all of the following activities to explore local eating this season:



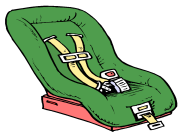
- Plan your shopping around your local farmer's market
- Ask your grocer which products they source locally
- Buy your bread from the local bakery
- Go on a farm tour with the family—children will learn where their food comes from and spur interest in trying new foods
- Plan to have a family strawberry picking day in June, cherries in July, and peaches in August at a u-pick farm or orchard



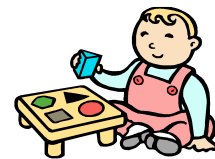
You can't get more local than growing your own food! Warm weather foods include corn, beans, peppers, eggplants, tomatoes, squashes, and pumpkins. Plant these as soon as possible for best results. Container or patio gardens are also fun for kids—cherry tomatoes, squashes, eggplants, and green beans are options.

Keeping Kids Safe: Product Safety

It is important to keep children safe with items they use. Just because a product is sold in the stores does not mean it is safe. **Be aware of:**



- Choosing age-appropriate toys
- Items with small magnets
- Supervising children at all times
- Items with small pieces, or pieces that come off easily
- Product recalls; for example, toys with high levels of lead



THE "S" GUIDE:

See: watch children to ensure they are playing with the product as intended
Size: if the product or piece of the product can come off and fits through a toilet paper roll it can be a choking hazard for a child under three

Surface: soft and smooth surfaces are safer
Strings: remove from product or keep short as they may be a danger for strangulation
Standards: check for the safety standard seal and expiration dates. Some products that come with this seal are car seats, cribs, and helmets.

For more **INFORMATION** on product safety, go to www.safekidscanada.ca or call 1-888-723-3847

For email updates on product warnings and recalls, sign up at <http://www.hc-sc.gc.ca/cps-spc/index-eng.php>