

**INSIDE THIS ISSUE:**

- Nutrition Month—
- Bed Bugs—
- Coffee House—
- SSGL Event—
- Income Tax Program —

**#20 7th Street**

**Phone: 578-4800**

**Fax: 578-4950**

**Open 7 days a week**

**11:00AM-7:00PM**



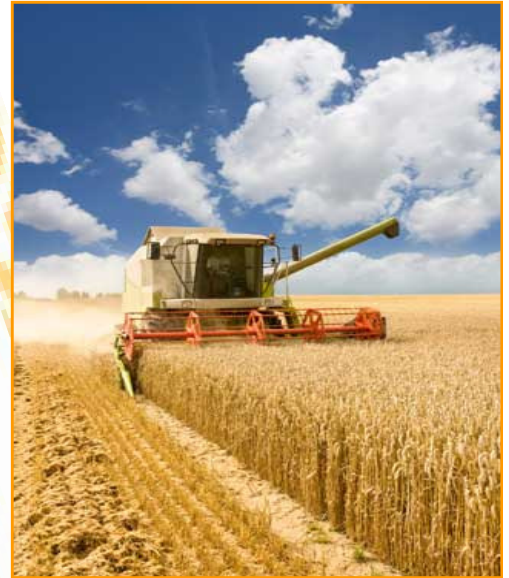
*Designed by*

*Greg Lupier-Roziere*

## March is Nutrition Month!

"Celebrate food..... from field to table!" is the theme of National Nutrition Month. Building on Canadians interest in food and nutrition, dietitians are ready, willing and able to help families choose, prepare and cook with a focus on Canadian grown-foods.

Do you have a nutrition or healthy eating question and don't know who to ask? Call Dial-a-dietitian and speak directly to a Registered Dietitian. Call today to get the answers for you and your family. 1-877-830-2892



### Fun Food Facts in Canada

- Farmers grow more than just wheat. Other crops include oats, rye, corn, lentils, herbs and spices.
- Our country is the second largest mustard producer in the world.
- Potato crops are mainly found in PEI, Manitoba, Alberta and New Brunswick.
- There are almost 1 million dairy cows in Canada.
- There are 665 kinds of cheese made in Canada. Most are made in Quebec.
- Foods exported to other countries include: wheat, soybeans, flaxseeds and peas.
- Foods imported from other countries include: coffee, tea, rice, bananas and oranges.
- In 1900, one farmer made food for about 10 people. Today, one farmer makes food for about 120 people.
- 98% of farms are family owned.
- Farmers work long hours over many years with a lot of roadblocks to provide food on our tables so.....Thank a Farmer Today!



*Submitted by Vanessa Hamilton, Registered Dietitian*

## How do bed bugs get into my home?

Bed bugs are often carried into a home on objects such as furniture and clothing. If you think you have a bed bug problem, check for live bed bugs or shells in the following areas:

- Seams creases, tufts and fold of mattresses and box springs.
- Crack's in the bed frame and head board.
- Under chairs, couches, beds, dustcovers.
- Between the cushions of couches and chairs.
- Under area rugs and the edges of carpets.
- Between the fold of curtains.
- In drawers.
- Behind baseboards and around window casings.
- Behind electrical plates, under loose wallpaper, and paintings.
- In cracks in plaster.
- In telephones, radios and clocks.

Bed bugs can also travel from apartment to apartment along pipes, electrical wiring and other openings. If the infestation is heavy, a sweet smell may be noticed in the room. If you think you may have bed bugs, please speak to your landlord or property manager. For more information visit [www.gov.mb.ca/health/publichealth/environmentalhealth/protection/bedbugs.html](http://www.gov.mb.ca/health/publichealth/environmentalhealth/protection/bedbugs.html)



you can also contact a Public Health Inspector at 726-6601.

## Specialized Support Services March events:

March 17th, 1:30-3:30 pm

**St. Patrick's Day Party at Knox United Church.** The event is being held in the second level gymnasium. Wheel chair access is through the 17th St. doors and there is an elevator to the gymnasium.

**Join us for entertainment, games and refreshments!**

This event is free of charge, and is open to all Specialized Supports clients, as well as any elderly or disabled persons in the community.

For more information please call 578-4809 or 578-4815

## Community Volunteer Income Tax Program

Hours of Operation at

7<sup>th</sup> Street Health Access Centre, 20- 7<sup>th</sup> Street

From March 2, 2011 to April, 29, 2011

Monday 11:00 am – 4:00 pm Walk-In Service

Wednesday 11:00 am – 4:00 pm Walk-In Service

Friday 11:00 am – 4:00 pm Walk-In Service

*\* Walk-In times are on a first-come, first serve basis.*

For more information, please call: 578-4800 or in person at the 7<sup>th</sup> Street Health Access Centre.

## 7th Street Health Access Centre

### Coffee House

Sunday March 6th

2:00-4:00pm

**Come celebrate Nutrition Month with us!  
Sample different types of fruit!  
Speak to a Community Health Nurse about  
nutrition and the importance of a healthy diet.**