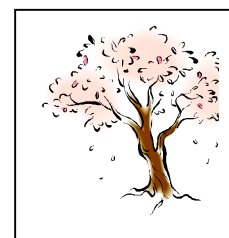




May 19, 2011

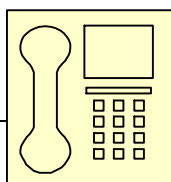
OPS Eavesdropper



Phone 403-664-3733

Fax 403-664-2082

www.oyenschool.com



TELEPHONE DIRECTORY	
TITLE	EXTENSION NUMBER
Library	3013 Mrs. Diakow
Preschool	3002 Mrs. Getz
ECS	3020 Mrs. Beynon EA Mrs. Evens
Grade 1/2	3017 Mrs. Robertson EA Mrs. Riehl
REAL Prog. Coordinator	3019 Mrs. Machell Mrs. Roxanne Smigelski
Grade 2/3	3018 Mrs. Cox EA Mrs. Molzan
Grade 4	3022 Mrs. Berg
Grade 5	3021 Mr. Meekins
Grade 6	3023 Mrs. Senkiw EA Mrs. Polk
Grade 7	3003 Mrs. Coates EA Mrs. Stammers
Grade 8	3006 Miss Chmilar
Grade 9	3005 Mr. Simmons
Gym Office	3009 Mr. Simmons
Music Room	3004 Mr. Orr
Spec. Ed.	3015 EA Mrs. Sanderson EA Mr. Beynon
Classroom Support	3016 Mrs. Smigelski
Secretary	3000 Mrs. Peterson
Principal	3001 Mr. Duchscherer

OPS School Pledge

We, the people of Oyen Public School,
Promise to follow the %Golden Rule+:

We promise to be helpful and kind,
And see that no one gets left behind,
To accept everyone for who they are,
As each of us is truly a star.

Respecting others at work and play,
We will bring light into each other's day.
We will make our school a healthy space,
And change the world to a better place.

We will not run away or hide,
But stand up for each other with pride,
Allow everyone to have a say,
And let them do things in their own way.

Like a friend, a sister or brother,
We will care for one another.
We'll try to give to all those in need,
And earn a gem for an extra good deed.

Thinkers and doers, mighty and strong,
We know what is right and what is wrong.
Learners today and leaders tomorrow,
We have many ideas that others may borrow.

What we leave behind when we are gone,
We hope others will choose to carry on.

It is not too late to register your child in Kindergarten for the 2011 ó 2012 school year. If you need forms or information please contact the school. *Orientation day is June 8th.*

From the Principal's Desk

The school year is moving along very quickly and we are nearing the end point of the year. With that come many things that need to be completed before the students leave for their summer break. Achievement tests are taking place for the grade 3, 6, and 9 students. The students completed Language Arts part A this week.

The remaining tests are as follows:

Tuesday, June 14	Grade 3 Language Arts part B Grade 6 Social Studies
Wednesday, June 15	Grade 6 Language Arts part B
Thursday, June 16	Grade 3 Math Grade 6 Math
Friday, June 17	Grade 6 Science
Wednesday, June 22	Grade 9 Language Arts part B
Thursday, June 23	Grade 9 Science
Friday, June 24	Grade 9 Math
Monday, June 27	Grade 9 Social

Achievement tests play an important role in the education process of the school division, school, and student. It gives the student the opportunity to take a government prepared test which is exactly the same as the rest of their peers in the province. For the grade 9 students it is the last time they will take a government test before their diplomas in grade 12. For the school it allows the opportunity to look at trends that have occurred within certain classes and subject areas. As well, teachers use the achievement tests to help them plan for future classes. If you have any questions on the achievement tests feel free to give Mr. Duchscherer a call.

Fieldtrips are becoming finalized by homeroom teachers for each class. An itinerary will be coming home shortly outlining your child's fieldtrip and any special details that go with the trip. As well all fieldtrip dates are located on the school calendar as well as the school webpage. With budgets very tight at the school this year most grades will be asking for parent drivers as opposed to taking a bus.

The Acadia Divisional track and field meet is set to take place at Assumption school for grades 4-9 students on Wednesday, June 25 with events slated to start as close to 9:00 AM as possible. There will be a booth open for the students this day. Make sure your son or daughter has bug spray, sun screen, water bottle, and is dressed appropriately for the weather. The zone track and field meet in Calgary for the junior high students is set for Wednesday, June 1 for all athletes that advance. More details will follow about this meet.

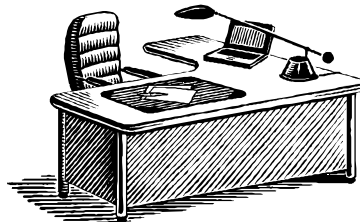
Many parents are concerned about what will happen with our music program next year. Where we stand at this point, is the Orrs are willing to offer private music lessons on Saturdays starting in the fall. All the details are not finalized yet, but the school is willing to offer the building to the Orrs and interested students free of charge. The final plan on whether or not we will have a band program at the school is uncertain at this time. If you have any concerns, suggestions, or ideas on how we can keep the fine arts alive in our school please feel free to give Mr. Duchscherer a call.

Reminder that there is a parent council meeting set for Tuesday, May 24 starting at 7:00 PM. The meeting will be in Mr. Simmons' room (room # 111). On the agenda will be talks about double grade options, video conferencing options, the music program, and per pupil dollars for next year. We would love to see all of you out so we can get as much input into next year as possible.

The division office is running a parents and the internet session at OPS on Thursday, June 9. Times for the session are from 2:00 PM- 4:00 PM and 7:00 PM ó 9:00 PM. If interested in attending this clinic please contact Mrs. Peterson in the office.

Yours in Education,

Mr. Jason Duchscherer



“ **Re: The Prairie Rose Perspective - A Video Blog**
“ **From: Division Office**
“

“ The latest edition of *The Prairie Rose Perspective* is now available online.
“

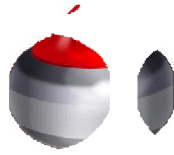
“ ***NEW - Link for May 13, 2011 - Edwin Parr - Scott Raible***
http://www.prrdweb.com/News.php?news_id=2736

“ **Re: Around the School Yard - Video Newsletter**
“ **Date: May 6, 2011**
“

“ Please use the link below to watch the latest version of the Prairie Rose School Division *Around the School Yard* video newsletter. Featured schools this month include New Brigden, Margaret Wooding and South Central High.
“

“ http://www.prrdweb.com/News.php?news_id=2692

ARE YOU A CURLING FAN?



If so you might be interested to know that the Oyen Public School Fundraising Society is holding a raffle and the prize is

TWO FULL EVENT PASSES TO THE

2012 SCOTTIES TOURNAMENT OF HEARTS

in Red Deer February 18-26, 2012

Every game including the final!!

To purchase a \$10 chance to win please contact Laurel at 403 664 2511

Only 100 chances available



At the May 24th meeting of the Oyen Public School Fundraising Society a revised set of by-laws will be presented for approval. If you would like to view a copy of the revisions prior to the meeting please send a request to

balmar@netago.ca

Achievement Test Schedule May/June 2011	
Tuesday, May 17	Grade 3 Language Arts Part A
Wednesday, May 18	Grade 6 Language Arts Part A
Thursday, May 19	Grade 9 Language Arts Part A
Tuesday, June 14	Grade 3 Language Arts Part B
Wednesday, June 15	Grade 6 Language Arts Part B
Thursday, June 16	Grade 3 Mathematics
	Grade 6 Mathematics
Friday, June 17	Grade 6 Science
Wednesday, June 22	Grade 9 Language Arts Part A
Thursday, June 23	Grade 9 Science
Friday, June 24	Grade 9 Math
Monday, June 27	Grade 9 Social



Kids Yoga

Tuesdays, May 31-June 14

3:30- 4:00pm

OPS gym

Cost: \$18/child

Please contact Michelle to register: 403-664-2939

Schedules for Oyen Lodge Visits		
DATE	Junior High: 1:45 – 2:30 Elementary: 1:35 – 2:30	
	Monday	Tuesday
May 2	ECS	
May 3		Grade 1/2
May 16	Ball option	
May 17		Dance 8/9
May 24		ECS
May 30	Golf option	
May 31		Grade 4
June 6	Grade 5	
June 7		Grade 1/2
June 13	Ball option	
June 14		Grade 2/3

OPS DRAMA PRODUCTION

Wednesday, June 15th
@ 7:00pm
“XYZ Files”
By Douglas Winters

Performed by Junior High Drama Class

Everyone Welcome!



ECS Celebration 2011
Tuesday, June 14 @ 7pm
In the OPS gym
Everyone Welcome!



Parent Invitation Cyber-bullying, Safe Internet Usage

The Alberta Initiative for School Improvement (AIS I) team would like to invite all parents to attend a 2 hour workshop on Thursday, June 9. Jimi Ricci and Linda Matsumoto will present an interactive session in the OPS computer lab. The content of this workshop will cover issues on aspects related to Cyber-bullying, how to address safety issues of social media such as Facebook, where to find appropriate and useful web content for your children to use and enjoy, and other topics suggested by parents if time allows.

Agenda

2PM ó 3PM or 7PM ó 8PM ó Cyber bullying/social media safety

3PM ó 4PM or 8PM ó 9PM ó Safe and interesting web content for students- Interactive session.

We will have some computers available to you but please feel free to bring your own laptop, especially if you like to bookmark sites.

Please register for this by contacting Mrs. Peterson at the school office 403-664-3733 or return the bottom of this form. You will have the choice of an afternoon or evening session.

Workshop Date	Location	Time
Thursday, June 9	Oyen Public School for Oyen, New Brigden, Warren Peers parents	2:00 ó 4:00 PM or 7:00 ó 9:00 PM

Please call the school or return this portion of the form to register 403-664-3733.

**Registration Deadline: Tuesday, May 31st _____ is interested in attending the
(print name)**

**afternoon _____ or evening _____ internet session at the Oyen Public School on
(please choose one)**

Thursday June 9, 2011. Phone# _____



Some of the grade 7 students have entries on this site. You can go there and vote for them! Go to:

www.blastobacco.ca

Once there, click on ENTRIES, and the entries will be shown to you. Two entries are under PATTI MACHELL, but these are from Noah (Fritz) and from Lyndsey (Trash 'em). If you click on the picture for an entry, it will show you the complete picture, enlarged.

If you want to vote for a picture, click on VOTE FOR THIS ENTRY underneath the picture. You will then come to a new page, which asks you to register with your e-mail address and a password for the blast site. You must then wait for a message in your e-mail to activate your registration. Click on the link in your e-mail, and then you can vote!

So go back and log in after you choose VOTE FOR THIS ENTRY, then choose VOTE FOR THIS ENTRY and you will get a message thanking you for voting.

SO LOG ON AND VOTE!!!!

You only have until 11:59pm on the 23rd of May.



The REAL Deal



We have a long weekend to look forward to! I hope everyone has something interesting and fun planned, and that the wind lets up for a few days. A little more heat would also be nice. Is all this too much to ask?

Here are some more of the questions and answers from our Easter hollow eggs:

Mental health is determined by: how you feel about yourself, how you feel about others, how you meet the demands of everyday life, *all of the above*

Which of the following is not a warning sign of mental illness? Changes in sleep and/or eating habits, frequent outburst of anger, *craving for chocolate*, fear of gaining weight

Check the things below that are signs of an ability to enjoy life: *living in the moment and appreciating the "now"*, dwelling on past experiences and daydreaming about different results, *recognizing that some things can't be changed*, feelings of happiness ruined by worry about the future, *home is comfortable and pleasant*, worrying a lot about friends and family

We had a successful Mocktail Party at the FCSS Community Centre on Friday the 13th. Over 40 students from junior high and high school were in attendance. This was a joint effort of Project MOD and the REAL Project. There were plentiful food, mocktails, and good time.

Some of the grade seven students have designed T-shirts for BLAST. The theme this year is *no rather be tobacco free*. Check out the advertisement for this in this newsletter to find out how you can vote for one of our entries. It could mean money for related school projects!

Now, for, yes!, still more on anxiety. Anxiety is behavioural. This means we see it present itself in certain behaviours. Because it is a survival response, we see behaviours related to *fight* (aggression, tantrums, opposition, irritability) and *flight* (refusal to do things or go places, avoidance of activities or places), and we may see *freezing* (inability to act), and reassurance-seeking (co-sleeping, demanding, clinging).

Anxiety is also physical. We see abdominal symptoms (nausea and stomachaches), arousal (increased heart rate and breathing, shakiness, and dizziness), tension (headaches, muscle aches and fatigue), and sleep problems like insomnia or avoidance of sleep. The grade six class has looked at anxiety and made life size posters of some of their bodies, and labeled different ways our bodies tell us that we are feeling anxious or worried. Our bodies are telling us to RELAX! The next time you're in the school, have a look down in the elementary wing at the posters.

Following are the final 20 of 100 ways to be happy (a 100th day project):

81. Always remember that the past is gone forever and the future never comes.
82. Live your life according to what is right for you.
83. Acknowledge your imperfections.
84. Plant a tree and watch it grow.
85. See friend+instead of enemy+on the face of strangers.
86. Watch an army of ants build their houses and cities and carry food ten times their weight.
87. Believe in something bigger than yourself.
88. Let the playful child within you come out.
89. Make haste slowly.
90. Work through your problems step by step and one day at a time.
91. Accept compliments from others so you can see the truth about yourself.
92. Sit on the lawn without worrying about grass stains.
93. Don't condemn yourself for your imperfections.
94. Do a humility check periodically by loving the truth about yourself.
95. Tell someone you appreciate them.
96. Never live your life according to what is right for someone else.
97. Talk less and listen more.
98. Admit your wrongdoing and forgive yourself for it.
99. Thrive on inner peace instead of on crises.
100. Affirm all the good things about yourself.

We had our May Taco Salad day yesterday. Thank you to Shirley Holland, Mary Diakow, Carley Thornton, Sharon Berg, and Roxanne Smigelski for their help.

Until next timeõ WHICH WILL BE JUNE!!

REALLy yours,

Patti Machell





Slogan Contest

Hey! We need help here at FCSS. Volunteerism makes the world go round, and I'm trying to get people interested. Here's your chance to help. We need a catchy slogan to get people to look twice at volunteering. Here's what you do: Submit your slogan to someone at the FCSS office (Heather Norris, Anne Marie Smigelski, or myself, our offices are in the Oyen Dental Clinic) and you could see it around town, plus, receive twenty-five Chamber bucks! You could also e-mail your slogan to fcssvolunteer@gmail.com. The dead line is Friday, June 17, 2011. Have fun, be creative, and think about volunteering. ☺ ☺

-Rachel Scarff,

Volunteer co-ordinator for

Oyen Family and Community Support Services (FCSS)



MY SLOGAN HERE: _____

BE SURE TO INCLUDE YOUR **NAME** AND **PHONE NUMBER** SO WE CAN CONTACT YOU IF YOU WIN!

ECS UPDATE

The Kindergarten Open House that was scheduled for Wed. May 25th is cancelled due to the change in the Kindergarten program. I will be away that day and Mrs. Marilyn Lehman will be substituting.

The students are really enjoying the new activities that were just purchased. Thank you to Mrs. Peterson for taking care of such a big order. Thank you to Mr. Simmons for pumping up our new balls.

We are working on a project to provide 100 student- made greeting cards to be given out at the hospital, with Meals on Wheels and at the Lodge and Auxiliary to brighten people's day.

We are working on a Spring chart to review our numbers, number words, colour words and signs of Spring.

Our new centres are store, sand and hospital and they are very popular.

Our Kindergarten Year-End Celebration is on Tuesday, June 14th at 7pm in the OPS Gym.

Everyone welcome. **Parents please bring a snack (cookies, squares, veggies, fruit or cheese, meat, and crackers etc) for after the program. Children should arrive at 6:30pm. Each child will need a costume for "When I Grow Up..." The students will be wearing the caps and gowns so "up" hairdos will not work. Students may wear what they like under the gowns – cool and comfortable!**

I have tentatively booked swimming with our Grade 5 Reading Buddies for Thursday, June 23rd from 1-2pm. Details to follow once the pool staff confirms this reservation. Parents and siblings welcome.

We will also be walking to other local field trip destinations during the days in June, after our year-end celebration.

Special thanks to Mrs. Evens for all her general hard work to keep our class running smoothly and for being so efficient with preparations for our year-end celebration.

Our trip to see the ambulance yesterday was fabulous! The students were very well-behaved and had fun seeing the lights, turning on the siren and seeing their heartbeat on paper. They were glad to meet all the EMTs and one student even got a band aid for a skinned knee.

We have finished all our letter sounds – so keep using that knowledge for your reading! **All additional pages in the agenda and phonics book may be completed at home to help with preparation for Grade One.**

The last day of Literacy Backpacks, Word Rings and Home Readers will be Thursday, June 2nd.

We are on our last Book of the Month so please use it ASAP so everyone gets a turn.

We are on our last letters in the duotangs and the phonics books so they can be returned one more time and then kept at home.

Please remember to return permission slip for year-end field trip (June 16th) and the transportation fee by Tuesday, May 24th.

NO BOARD GAMES NEXT WEEK – LAST SESSION – MONDAY MAY 30TH



**BEACH
DAZE**

Sponsored by **KNIGHTS OF COLUMBUS**



NATURE

EVENING GAMES

CAMPING

**CAMPFIRE GAMES
& SONGS**

TENTING

CANOEING



**BEACH SPORTS
& GAMES**

CHAFTS



VOLLEYBALL



SCAVENGER HUNT

**CAMPFIRE
OUTDOOR COOKING**

CAMP McCOY SUMMER YOUTH CAMP

CAMP FEES

Camp I - V
 \$ 200.00 per camper/week
 \$ 190.00 for second family member
 \$ 180.00 for each other family member

*Each camper will receive a Camp McCoy T-Shirt
 and a camp repair kit.*

BRAND NEW DINING HALL:
 NEW KITCHEN, DINING ROOM, CRAFT ROOM
 AND WASHROOMS.

Cabins equipped with lights, bunk beds and
 lockers.

Camp I	July 10 - July 15	Ages 6 - 13
Camp II	July 17 - July 22	Ages 6 - 13
Camp III	July 24 - July 29	Ages 6 - 13
Camp IV	Aug 7 - Aug 12	Ages 6 - 13
Camp V	Aug 14 - Aug 19	Ages 12 - 15



TO ENSURE CAMP WEEK PREFERRED - Register A.S.A.P

CAMP REGISTRATION & INFORMATION / CALL: 403-866-4147
 Applications at http://nonprofit.memlane.com/camp_mccoy/

PRESCHOOL REGISTRATION

Precious Moments Preschool provides a two and one-half hour program for children age 3 and up (child should be turning three during the first semester). Classes are scheduled on the basis of the number of registrations received, so please register before the deadline of June 15th. For more information, call Cheryl Getz @ 403-664-2675



Preschool Screening For Children 2 to 5 years of age

Prairie Rose School Division will be offering preschool screenings around the district, to provide parents with valuable information about their child's development and to enable Prairie Rose to arrange early intervention for children with developmental delays.

Parents should choose the location and date most convenient for them.

Seven Persons School (403-832-3732)	May 17
Foremost School (403-867-3843)	May 5
Bow Island Elementary (403-545-2488)	May 10
I. F. Cox School (Redcliff) (403-548-3449)	May 6
Irvine School (403-834-3783)	May 19
Ralston School (403-544-3535)	May 20
Oyen Public School (403-664-3733)	June 1

Screenings are about 45 minutes in length. All children will be given a snack and a small treat for attending. Screening appointments can be made by contacting the school secretary.

Children who have already been identified as requiring supports need not attend.

For more information on the preschool screenings or early intervention services available through Prairie Rose School Division (www.prrd.ab.ca) please contact:

Kerry Watson
Coordinator of Student Services
(Primary Programs)
403-527-5516 ext. 2309

May 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Badminton Zones	6 Hotdog Day <i>Workers:</i> <i>Jackie Dick</i> <i>Shari Muzyka</i>	7
8	9 School Council hot lunch forms due cash only	10	11	12	13 <i>School Council hot lunch</i>	14
15	16	17 <i>Gr. 3 LA Part A</i>	18 <i>Gr. 6 LA Part A Taco in a Bag Lunch</i>	19 <i>Gr. 9 LA Part A</i>	20 Hotdog Day <i>Worker:</i> <i>Kari Kuzmiski</i> <i>Laurel Martin</i>	21
22	23 Victoria Day Holiday	24 School Council Meeting @ 7	25 Divisional Track and Field Subway forms are due.	26	27 Subway Day	28 Kaleidoscope of Arts @ Esplanade
29	30 Gr. 9 Party Program Medicine Hat	31 Hanging Basket Delivery				

June 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Zone Track and Field in Calgary	2 Farm Safety Grade 1-6	3 Hotdog Day	4
5	6	7	8 Gr. 1 and ECS Orientation	9	10 Grade 9 Farewell	11
12	13	14 ECS Celebration Grade 3 LA Achiev. Test Grade 6 Social Achiev. Test	15 Jr. High Drama Production 7pm	16 Grade 3 & 6 Math Achiev. Tests Grade 7/8 Field Trip Grade 9 Field Trip ECS Field Trip	17 Grade 6 Science Achiev. Test Grade 9 Field Trip Hotdog Day	18
19	20 Grade 7, 8, 9 Social Class Final	21 Grade 2/3 Field Trip Grade 9 Science Class Final	22 Grade 9 LA Achiev. Test Grade 1/2 Field Trip Grade 6 Field Trip	23 Grade 9 Science Achiev. Test Grade 4 Field Trip	24 Grade 9 Math Achiev. Test	25
26	27 Grade 9 Social	28 Safety Patroller Windup Last Student Day	29 Last Staff Day	30		



The

Nutrition

Times

PREPARED MONTHLY BY LOCAL DIETITIANS FROM
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

May 2011
Reducing Sodium
Intake

Reducing Sodium Intake for Better Health

Many people know the health risks of eating a high fat or high sugar diet, but overlook the negative effects of too much sodium. While a certain amount of sodium is needed for essential body functions, too much puts you at risk for high blood pressure, heart disease, stroke, osteoporosis, asthma and kidney stones. In fact, experts estimate that reducing sodium in our diet to recommended levels may decrease the number of people living with high blood pressure by 30 percent¹. The World Health Organization estimates that high blood pressure is the leading risk factor for death around the world.

How much do we need?

Most Canadians far exceed the recommended sodium intake; currently the average intake is approximately 3,400 mg per day². Most experts recommend that reducing this average to 2,300 mg sodium per day would greatly reduce related illness and disease². This 2,300 mg represents sodium from all sources. While this number may sound quite large, just one teaspoon (5 mL) of salt provides 2,300 mg of sodium, and does not account for hidden sources of salt in our diet.

Where does sodium come from?

While sodium is a mineral found naturally in foods, this accounts for about 12% of our intake. Approximately 77% of the sodium we eat comes from salt added in the packaging and processing of foods, 5% added in cooking and 6% added at the table³.

Watching for hidden salt

The salt added to processed foods and foods at restaurants is referred to as "hidden salt." Often one serving of such foods contains enough sodium for an entire day! Accordingly, it is important to learn how to avoid eating an excessive amount of hidden sodium. One way is to understand product labels when grocery shopping and choosing foods in a restaurant.

When shopping, look for foods that have less than 5% sodium listed as a % Daily Value on the food package label. The Health Canada food labeling web-site has many excellent resources and can be found at <http://hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php>.

Additionally, when eating out, many restaurants offer an on-line nutrient analysis of their foods, or you may ask for it in the restaurant. When searching on-line, make sure you are checking the Canadian web-sites of these companies as formulations may differ.

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U

Reducing Sodium at Home

Sometimes people are also unsure of how much sodium is in their home made recipes and specific ingredients. Here are some tips for making substitutions to lower the sodium in foods made at home.

Instead of using...	Try these tips...
Salt, kosher salt or sea salt	Season foods with lemon juice, vinegar, herbs, spices, garlic or onions instead of salt. Switch to no added salt seasonings such as Mrs. Dash®. Cut back on salt in recipes gradually.
Canned vegetables or legumes	Use fresh or frozen vegetables instead. Look for canned foods that say "no salt added" or "low sodium." Drain the liquid and rinse under cool water. Cook legumes from scratch and freeze in small portions to use later.
Sauces and condiments such as: soy sauce, barbecue sauces and salsas	Choose low or reduced sodium sauces. Use less sauces or condiments on your food. Make your own sauces and season foods with non-salt seasonings.
Broth and Soup	Choose low or reduced sodium soups and broths. Make your own broth or soups.
Prepared luncheon meats	Use leftover prepared meat, chicken or fish that you've made yourself the low salt way.

For determining the sodium content of a recipe, try the Dietitians of Canada recipe analyzer at: http://ww2.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp. This interactive site allows you to input the ingredients and their amounts from a recipe and obtain an analysis of several key nutrients provided.

Tips for cutting back the sodium in your diet...

- Experiment with using herbs and spices to flavour food
- Use very little salt in cooking and none at the table
- Eat more fresh foods and less processed, packaged and fast foods
- Eat less salty snack foods
- Eat smaller portion sizes of foods that contain salt

Sources:

AHS Nutrition Services, Getting Started with Cutting Back on Salt

Healthy U, Shaking the Salt Habit

Dietitians of Canada, PEN, Recipe "Make-over" How to make your recipes healthier

¹ Cook NR, Obarzanek E, Buring JE, Rezaee KM, Kumanyika SK, Appel LJ, Whelton PK. Long term effects of dietary sodium reduction on cardiovascular disease outcomes: observational follow-up of the trials of hypertension prevention (TOHP). *BMJ* 2007;334:885-892

² Sodium Reduction Working Group. Sodium Reduction Strategy for Health Canada, 2011; p 11.



**Alberta Health
Services**

2948 Dunmore Road SE
Medicine Hat, AB, T1A 8E3
403.502.8200

440 3rd Street East
Brooks, AB, T1R 1B3
403.501.3300

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U