

Media Release



Public Health Partnerships Build Community

For immediate release

More food skills programming will soon be available in Timiskaming. Eleven new instructors took part in a 2-day train the trainer workshop hosted by the Timiskaming Health Unit in mid-April.

This programming is only possible because community partners collaborate and dedicate their time to offer it to the populations they serve. Partners include Timiskaming Early ON, Timiskaming Diabetes Program (NL & KL), Northeastern Ontario Family and Children's Services Temiskaming, Temiskaming Native Women's Support Group, Literacy Council of South Temiskaming, Temagami First Nation, Canadian Mental Health Association, Haileybury, Great Northern, Kirkland Lake & Englehart Family Health Teams, Timiskaming First Nation Health Centre, Mino-M'shki-ki Health Centre, Employment Options Youth Job Connect (KL), and Centre de Santé Communautaire du Témiskaming.

The Food Skills for Families program is led by trained community facilitators with a goal to increase food literacy skills. Topics include Canada's Food Guide, food label reading, portion size, ingredient substitutions and a grocery tour. The program inspires and empowers participants to eat well while creating fast, easy, inexpensive meals using fresh, whole ingredients in a way that also encourage participation and social interaction. Twelve participants take part in six 3-hour sessions on a weekly basis. Often those participating in the program are responsible for preparing food for others in their family, meaning that their improved food knowledge and skill can benefit family and friends.

This is the second train-the-trainer workshop for this program hosted by Timiskaming Health Unit and is part of the Diabetes Prevention Project Timiskaming Partnership. After initial success, having more local facilitators means increased access to the program across the district, in both English and French. For

more information, please contact Timiskaming Health Unit at 705 647-4305.



DIABETES PREVENTION PARTNERSHIP
Timiskaming

Participants from 11 community organizations participate in the April train-the-trainer session led by Laura Dias, Public Health Dietitian with the Timiskaming Health Unit. Photo credit Susan Hall.

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