

Green and Grains Potluck at Bonnyville Community Health Services Success Story



What type of event celebrates St. Patrick's Day, Nutrition Month and Spring all at once?

The staff at Bonnyville Community Health Services hosted a "Green and Grains" potluck to celebrate all three themes! Invitations were sent to all staff to encourage them to "get their green on".

"Our goal was to bring staff together for a fun event while showing them how tasty dark green veggies can be" said Kristy Baron, Health Promotion Facilitator. The invitation included tips on how to make dishes healthier and information on how to cook nutrient-packed foods such as dark leafy greens, whole grains, beans and lentils.

With several staff requesting this as an annual event, the "Green and Grains" potluck was a huge success.

For more information, resources and tools about the Healthy Eating Environment in AHS strategy visit the AHS website at: <http://www.albertahealthservices.ca/5234.asp>.