

Drinks in Canada Display Instructions



What is the purpose of this display?

The purpose is to educate newcomers about:

- healthy drink choices that are good for your body
- drinks to limit that are not good for your body because of the amount of added sugar

How do I create and set up the display?

You can create this display using the printable display materials.

Attach the display poster pieces to a folding display board or a bulletin board. Set up the display in common areas such as hallways with high traffic or in waiting rooms.

Materials required:

- Tri-fold display board or bulletin board
- Colour printer and paper
- Scissors
- Tape or push pins

Steps to create and set up display:

1. Print the slides from the Drinks in Canada Display (www.ahs.ca/assets/info/nutrition/if-nfs-nnt-drinks-in-canada-display.pdf)
2. Cut out the green rectangles with the words:
 - “Healthy Drinks”
 - “Good for Your Body”
3. Cut out the orange rectangles with the words:
 - “Drinks to Limit: Too Much Sugar is Not Good for Your Body!”
4. Arrange the printed titles and slides as shown in the diagram above.

Are there handouts or other teaching tools that I can use with the display?

Click on the links below to find printable handouts you can share along with your display. You may find the language level of these handouts too difficult if your audience is just beginning to learn English.

- Choose Healthy Drinks
www.ahs.ca/assets/info/nutrition/if-nfs-choose-healthy-drinks.pdf
- Healthy Drinks, Healthy Kids
www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf
- The Energy Drink Buzz
www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-h.pdf
- Plant-Based Beverages for Children
www.ahs.ca/assets/info/nutrition/if-nfs-plant-based-beverages-for-children.pdf

Teaching tools

- The *Newcomer Nutrition Education Toolkit* also has a *Drinks in Canada* PowerPoint presentation you can deliver.
 - Slides: www.ahs.ca/assets/info/nutrition/if-nfs-nnt-drinks-in-canada-slides.pdf
 - Notes pages: www.ahs.ca/assets/info/nutrition/if-nfs-nnt-drinks-in-canada-notes.pdf
- The AHS *Sugar Shocker Education Kit* is a teaching tool you can put together to show the sugar in drinks. Refer to pages 27-31 for key messages on each type of drink that is included in this display.
www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf

For any questions or concerns regarding the display materials or instructions, please contact publichealth.nutrition@ahs.ca.