

Meals to Go Display Instructions



What is the purpose of this display?

The purpose is to provide education on healthy meal choices and how to pack them.

How do I create and set up the display?

You can create the 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 set up display:

1. Print slides from Meals to Go Display (www.ahs.ca/assets/info/nutrition/if-nfs-nnt-meals-to-go-display.pdf)
2. Cut out the green rectangles with the words:
 - “Make half your meal vegetables and fruit!”
 - “Choose water, milk or soy beverage to drink!”
 - “Make a healthy meal”
 - “Pack it up”
 - “Keep food safe”
3. Arrange the printed titles and slides as shown in the diagram above.

Are there handouts that I can provide or other teaching tools?

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.

- What's for Lunch?
www.ahs.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf
 - ✓ Available in Arabic, Chinese (Simplified), Chinese (Traditional), and Punjabi from the Nutrition Resource Online Catalogue: www.ahs.ca/nutrition/Page2914.aspx
- Canada's Food Guide (Health Canada)
www.canada.ca/FoodGuide
 - ✓ Available in French: <https://guide-alimentaire.canada.ca/fr/>
- Five Keys to Safer Food (World Health Organization)
www.who.int/foodsafety/areas_work/food-hygiene/5keys-poster/en/
 - ✓ Available in 88 languages.

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