



[www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)

March is Nutrition Month across Canada. This year's theme is ***Celebrate food... from field to table***

Join Heartland Health Region in celebrating Nutrition Month. Healthy eating is a valuable part of living well for a lifetime. The many wonderful foods we eat start with a producer — foods are grown or raised, harvested, processed -- before they end up on our tables. Ask a local farmer about their business and thank them for providing us with healthy nutritious foods.

The Nutrition Professionals of Heartland Health Region invite you to enter a contest for a Dietitians of Canada Cook Book "Simply Great Food". Answer all the questions correctly and be entered into the draw. The draw contest runs all of March. Please submit entries by Tuesday April 6, 2010.

According to Statistics Canada, how many farms were in operation in 2006?

How many eggs do Canadian hens produce in a year?

Which province grows the most potatoes?

Approximately how many types of cheese does Canada make?

Which two countries use our durum wheat for making pasta?

Hint: you may need to check out [www.dietitians.ca](http://www.dietitians.ca) and look in nutrition month resources for the fabulous foods fact sheet. Check out Saskatchewan agriculture facts (Government of Saskatchewan) on the Nutrition Month main page.

Send your completed contest quiz by mail, fax, or at your local health centre c/o  
Public Health Nutritionist  
Rosetown Health Centre  
Box 1300 Rosetown, SK S0L 2V0  
Fax: 882-6474

Name: \_\_\_\_\_ Town: \_\_\_\_\_ Telephone #: \_\_\_\_\_

