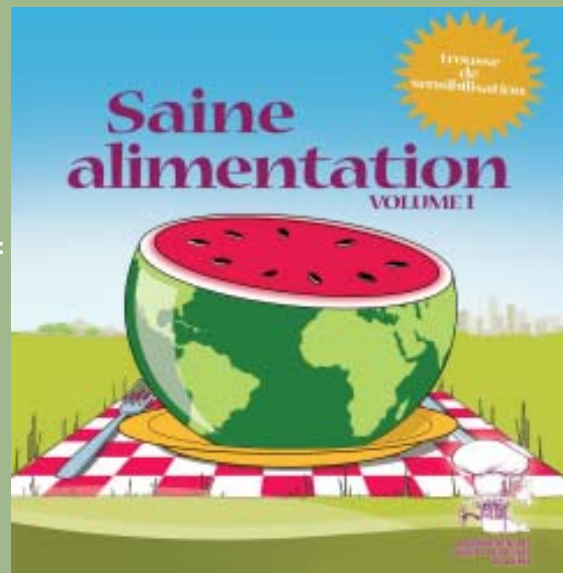


To Help You Learn More about Healthy Food

The Regroupement des cuisines collectives du Québec (RCCQ) has produced the **Trousse de sensibilisation à la saine alimentation, Volume 1 - Parts 1 and 2** (Healthy Food Awareness Kit) (French).



The healthy food awareness kit provides lots of useful information and answers the following questions:

- ◆ How to eat more good quality fruit and vegetables?
- ◆ How to prepare meals with high quality food at affordable prices?
- ◆ How to protect the environment with our food choices?
- ◆ What is the impact of the food we eat on our emotions?

More than 500 pages of information have been developed and compiled based on the thoughts, ideas and needs expressed by our collective kitchen participants. Each theme offers you information, educational tools and activities, a bibliography and references. Developed with popular education in mind, the awareness kit is ideal for group sessions.

The kit explores nine themes:

- ◆ A healthy diet
- ◆ Fruit and vegetables - nutrition
- ◆ Affordable healthy food - cost
- ◆ The planet in your plate - environment
- ◆ My relationship with food - food and me
- ◆ Good food choices
- ◆ Food labels
- ◆ Green plate
- ◆ Alternatives to meat



The kit also includes two posters, an card game and MEMORY AID magnets.
The entire kit is presented in an easy-to-use, enjoyable format.

Price: ◆ RCCQ members: \$50
◆ Non-members: \$95

Order Form

Trousse de sensibilisation à la saine alimentation, Volume 1 - Parts 1 and 2
(Healthy Food Awareness Kit) (only available in French)

Quantity: Number of kits that you are ordering : _____ Kits
(Qty)

Address where your order is to be sent:

Name of Organization: _____ Person Responsible: _____

Address: _____ City: _____

Postal Code: _____ Telephone : () _____ Email: _____

Please mail your order form along with your payment to:

Regroupement des cuisines collectives du Québec, 1605, rue de Champlain, Montréal (Québec) H2L 2S5