



FOR RELEASE
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Snack Circus focuses on healthy food choices and simple recipe ideas

WHITEHORSE—Kids and families are invited to experience a carnival of flavour and learn about healthy food choices at the Snack Circus on Thursday, March 20 at the Old Fire Hall in Whitehorse.

March is Nutrition Month in Canada, and this year it's dedicated to helping Canadians get cooking by focusing on food skills and preparation. To remind citizens that cooking can be fun, the Yukon government is hosting a one-day Snack Circus.

"When people have fun preparing foods and cooking, they are more likely to opt for healthier foods. This event is a great way for families to learn about better food choices in an exciting environment," Health and Social Services Minister Doug Graham said. "There is a growing concern across Canada about the lack of skills and the lack of cooking at home, which has far-reaching health implications for citizens of all ages."

The Snack Circus is a free event for families with children from pre-school to Grade 6. It's a celebration of food that's focused on getting the whole family involved in healthy cooking and eating.

The Health Promotion unit organized the event to have stations where children can have fun learning how to make tasty snacks while learning new food preparation skills. Participants can also enjoy live entertainment and music as well as a photo booth.

Snack Circus runs from 3 p.m. to 7 p.m. with the first hour reserved for pre-school children.

Learn more:

Snack Circus and health promotion at hss.gov.yk.ca.

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