



## Government of Yukon

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**NEWS**release

FOR RELEASE #10-015

February 2, 2010

### Cookbook promotes healthy eating to Grade 5 Yukon students

WHITEHORSE – Grade 5 students throughout the territory will soon receive a free cookbook to promote healthy eating. The book, entitled *My Amazing Little Cookbook!* is part of the Canada Gets Active initiative which encourages children to try new recipes with their family, Health and Social Services Minister Glenn Hart said.

"Canada Gets Active is a national initiative that encourages children to be physically active," Hart said. "Health and Social Services is contributing to this initiative by supplying children with a cookbook to encourage healthy eating and development of cooking skills that can last a lifetime."

Children can enter a monthly contest through to the end of April, with a chance to win new sports equipment. The contest is simple: each month there will be a different recipe to try. Students can go to [www.grade5cooking.ca](http://www.grade5cooking.ca) and answer a few simple questions about the recipe and enter the draw. Winners are announced at the end of each month.

"We are pleased to have this cookbook included as part of Canada Gets Active," said Anne Morgan, Executive Director with the Recreation and Parks Association of Yukon. "Being physically active and eating well can have a positive effect on learning and preventing overweight and obesity in children, so it is great to have this healthy eating resource going out to children in our communities."

Families are reminded that as part of Canada Gets Active, all Grade 5 students can use the Canada Games Centre at no charge until April 30. Passes can be picked up at the front desk of the centre with a signature from a parent or guardian.

Canada Gets Active is supported by the Canadian Parks and Recreation Association and the Public Health Agency of Canada.

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