

Healthy Eating Resources

Please find a list of online resources below – the blue underlined titles will link you to each site.

WEBSITES

BC Farmers Market

Find out what produce is “in season” and where your local farmers markets are located!

Dietitians of Canada

Developed by the national professional association for dietitians, this resource provides online learning components, recipes, dietitian contact information, access to mobile apps, and much more!

Food Blogs

Check out this list of Food Blog awards that Saveur released for 2013. In particular, we would like to note the “Best Special Diets” and “Best Original Recipes” categories.

Healthy Eating

The Government of Canada’s site includes the national food guide, along with tips for meal planning, grocery shopping, eating out, and cutting down on cooking time.

Healthy Families BC

Based in British Columbia, this site offers an abundance of articles and resources ranging from broad topics such as “Food Basics” to specific focuses like “Sodium” and “Sugary Drinks”. There is even a “Kids Corner” for those of you who are parents.

My Good Health

Pacific Blue Cross has created this interactive site that is available to all members and their spouses. It offers a variety of tools, health calculators, videos, and tips on how to maintain your wellbeing. We recommend that you take advantage of the Health Risk Assessment, which enables you to map out nutrition, exercise, screening, and other personal goals.

WellnessFits

In addition to hosting our online challenges, this dashboard has some great materials that you can review (regardless of whether you are tracking for the challenge or not!). Should you have any issues with logging in, please email wellness@langara.bc.ca.

Work Health Life

Our EFAP providers, Sheppell-fgi, have established an online resource focused around well-being. This specific area of their site focuses on Physical Well-being and linking to topics such as food, nutrition, and maintaining a healthy weight.

Need help making informed, healthy decisions when deciding what to eat on campus? Check out Chartwell’s **Balanced Choices Board next to the Salad Bar!*

VIDEOS

Graham Hill: ["Why I'm a Weekday Vegetarian"](#)

We all know the arguments that being vegetarian is better for the environment and for the animals – but in a carnivorous culture, it can be hard to make the change. Graham Hill has a powerful, pragmatic suggestion: Be a weekday veg.

Jamie Oliver: ["Teach Every Child about Food"](#)

Sharing powerful stories from his anti-obesity project in Huntington, W. Va., TED Prize winner Jamie Oliver makes the case for an all-out assault on our ignorance of food.

Mark Bittman: ["What's Wrong with What We Eat"](#)

In this fiery and funny talk, New York Times food writer Mark Bittman weighs in on what's wrong with the way we eat now (too much meat, too few plants; too much fast food, too little home cooking), and why it's putting the entire planet at risk.

Michael Pollan: ["How Cooking Can Change Your Life"](#)

Renowned activist and author Michael Pollan argues that cooking is one of the simplest and most important steps people can take to improve their family's health, build communities, fix our broken food system, and break our growing dependence on corporations. "Eat anything you want, just cook it yourself."