



# Health capsule



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## Expo Manger Santé et Vivre Vert

The Exposition Manger Santé et Vivre Vert’s mission is to increase awareness about the importance of our eating habits and lifestyles in regards to our health and the environment through the presence of exhibitors in the areas of healthy eating, organic agriculture, ecology, cosmetics, and therapeutic services.

COOKING DEMOS & CONFERENCES	TASTINGS	+ 250 EXHIBITORS
INFO: 514 332-1005 expomangersante.com		

## Let a farmer family adopt you!

Would you like to enjoy fresh organic produce, support the local economy and strengthen your connection with rural Quebec? If so, sign up for an organic basket from a farmer family today.

Being adopted by farmers’ families has several distinct advantages.



You will eat fresh, healthy food at an affordable price.

You will be discovering and rediscovering the taste of seasonal fruits and vegetables.

You will be doing your part for the environment by supporting a local, organic farm.

(Source : [www.equiterre.org](http://www.equiterre.org))



## Daffodil Month



Daffodil Month is a national fundraising campaign of the Canadian Cancer Society. During April, Society volunteers raise vital funds for the fight against cancer.

Volunteers sell fresh daffodils in some communities, ask people to make a donation and wear a daffodil pin throughout the month.

### **Buy flowers**

Since the 1950s, bright yellow daffodils have arrived in communities across Canada to mark the beginning of Daffodil Month. To this day, the daffodil continues to symbolize strength and courage in the fight against cancer.

Money raised through flower sales helps local patients living with cancer and their families and funds life-saving research, support services and other important work that means fewer Canadians will be touched by the disease.

From March 26 to 29, buy a small flower for a great cause.

### **Food for thought**

The science is clear: it's the overall pattern of living that's important. You can lower your risk if you move more, stay lean and eat plenty of vegetables and fruit, as well as other plant foods such as whole grains and beans.

About one-third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight.

### **Vitamin D**

Vitamin D is needed for healthy bones and muscles, especially in children and the elderly. There is growing evidence that vitamin D may reduce the risk of some types of cancer, particularly colorectal and breast cancers. Experts are now concerned that many people are not getting enough vitamin D. You can get vitamin D from exposure to sunlight, in your diet (especially if you eat foods fortified with vitamin D), or by taking vitamin supplements.

(Source : [www.cancer.ca](http://www.cancer.ca))