

French Language Advisory Network (FLAN)

Minutes

Thursday May 28, 2009, 10:00am-11:15 pm

1. **Welcome and introductions**
2. **Approval of Agenda and February 19, 2009 Meeting Minutes**

- The agenda and minutes were approved.

3. **Business from previous meeting**

Action items:

- i. Samara will contact candidate for FLAN membership.
- ii. Samara will post the available Eat Smart promotional materials to the Eat Smart list serv.
- iii. Marie-Claude will circulate info about a new resource from Ottawa Public Health
- iv. Email the info and the artwork to Lysanne (when available)
- v. Post the new resource to the OSNPPH list serv (when available).
- vi. Kathleen will post the new resource to the NRC website [done]
- vii. Kathleen will send promotional items to FLAN members. Lysanne has not received the newest items and Kathleen will send them to her. [Note: Kathleen to check with CIU first]

Progress on:

- i. French lexicon
 - We need to assess the usage of this resource.
 - Samara will resend the message on Contact-nrc and Nutri-Notes to advertise the Lexicon.
 - FLAN members promote the Lexicon in their health units and as opportunities arise.
- ii. Policy on translated materials
 - The policy will be reviewed next year.
- iii. List serv and usage
 - Many subscribers to Nutri-Notes are not on the OSNPPH list serv or the Eat Smart list serv
- iv. Member recruitment
 - FLAN meetings take place during regular work hours.
 - Samara has a candidate for the FLAN and will email her today. There is no need to recruit at the OSNPPH Nutrition Exchange.

4. **New Business Items**

- i. **Summary of Opeha French language services roundtable**

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- ii. **Change FLAN meeting dates**

- Fridays are not an option. Samara will check with Diane if Wednesday is a good day for her to meet and she will follow-up by email with other FLAN members. The meetings are held from 10:00 a.m. to noon.

5. Updates

i. Member updates

Samara

- Samara gave an update on the Eat Smart program. Provincial support for the restaurant program has ended. The program was not promoting restaurants and the number of participating restaurants was declining. The current Eat Smart restaurants will receive a letter explaining the changes to the program. The template for the letter is on the Eat Smart website, and it is available for the health units to use. We have no details on the phase out yet.
- We will produce a brochure for the Restaurant/Consumer audience that will provide info for the health units to work with local food premises. The design team (Carol Harrison, Shannon Crocker and Zannat Reza) will meet with NRC and others at OPHA on July 8th.
- The trade-marking process for Eat Smart that started in 2006 will continue.
- Eat Smart will be renamed EatRight and this change will be announced by the Ministry of Health Promotion.
- We are waiting for Cabinet approval of the new logo. Promotional materials will need to be redone. At present, we don't know what the timelines are.
- Samara will post the available Eat Smart promotional materials to the Eat Smart list serv. There are restaurant posters available.
- The schools and workplaces have a different audience and these programs will continue. Many health units had shifted their focus to schools and workplaces.
- Toolkits for the schools and workplaces are posted on the Eat Smart website, in the password-protected area ("Information for Health Units").
- Samara announced that she is leaving the NRC.

Marie-Claude

- Ottawa Health Department has produced a new resource on energy drinks, which will be presented at the OSNPPH Nutrition Exchange. The focus of the resource is to educate children, who do not realize the damage that energy drinks can cause. The pdfs will be posted on Ottawa's web site and they are included with the minutes.
- Marie-Claude will -
 - Email the info and the artwork to Lysanne
 - Post the new resource to the OSNPPH list serv
 - Kathleen will post the new resource on the NRC website.
[done]
- Ottawa has trained a new CFA group, including several who speak French, as well as other languages. Schools are interested in CFA presentations.

Lysanne

- CPNP is developing a bilingual resource on best practices in pregnancy, breastfeeding and nutrition. It will be available in the Fall of 2009.
- A resource on healthy weights will be released soon.
- Eastern Ontario Health Unit has posted an “Online Prenatal Course” (from the Province of New Brunswick) is posted on its website: <http://www.anewlife.cipanb.ca/en.php>

6. Adjournment

Next meeting date: August 19, 2009 10am-12pm



Ce présentoir comprend :

- 1 pochette
- 1 *Es-tu une cible?* Affiches avec chevalets en plastique (bilingue)
- 2 sacs rouges
- 2 jeux casse-tête en 3D (2 x 6 morceaux)
- 1 chevalet avec les réponses (bilingue)
- 1 exemplaire du document intitulé *Messages clés et Foire aux questions* (bilingue)
- 1 exemplaire des *Activités proposées* (bilingue)
- 1 exemplaire de la fiche de renseignements « *Les boissons énergisantes* » (bilingue)
- 1 exemplaire de la fiche « *Du bonbon liquide* » (bilingue)
- 1 exemplaire de la fiche « *Les jus et boissons* » (bilingue)
- 1 exemplaire du présentoir « *Les boissons énergisantes – Contenu et mode d'emploi* » (bilingue)

Avant de vous servir du présentoir :

- Faites le nombre nécessaire de copies de fiches de renseignements sur les *Boissons énergisantes* et autres documents.
- Revoir le document *Messages clés et Foire aux questions*.

Installation du présentoir :

- Pour installer le présentoir, ouvrir le chevalet et appuyer l'affiche sur les pattes.
- Assembler un ou les deux jeux casse-tête, ou
- Laisser les morceaux du casse-tête défaits sur la table pour qu'ils puissent être utilisés lors des activités.

Photos du présentoir :



mois/année



ENERGY DRINK DISPLAY—SUGGESTED ACTIVITIES



Option A: ONE Participant/Group

Step by Step Instructions

1. Build one of the energy drink cans for reference.
2. Lay out the other game pieces on the table.
3. Have participant select a game piece and answer the question found on it. If they answer correctly, they may keep the piece.
4. Once they have collected all six pieces, they can build the puzzle.

Option B: TWO Participants/Groups (You will need 2 facilitators)

Step by Step Instructions

1. Lay out all 12 game pieces on the table. Make sure they are separated into two complete piles.
2. Have a participant/group from each team select a game piece and answer the question found on it. If they answer correctly they may keep the piece.
3. Once one team has collected all six pieces, they may build the puzzle.
4. The first team to build the puzzle correctly wins.



PRÉSENTOIR SUR LES BOISSONS ÉNERGISANTES — ACTIVITÉS PROPOSÉES



Option A : UN participant/groupe

Instructions détaillées

1. Assemblez une des canettes de boisson énergisante pour qu'elle serve d'exemple.
2. Disposez les autres pièces du jeu sur la table.
3. Demandez au participant de choisir une pièce du jeu et de répondre à la question qui y figure. S'il répond correctement, il peut conserver la pièce.
4. Lorsqu'il a amassé toutes les six pièces, il peut assembler le casse-tête.

Option B : DEUX participants/groupes (2 animateurs sont nécessaires)

Instructions détaillées

1. Disposez sur la table toutes les 12 pièces du jeu. Assurez-vous qu'elles sont séparées en deux piles complètes.
2. Demandez à un participant/groupe de chaque équipe de choisir une pièce du jeu et de répondre à la question qui y figure. S'il répond correctement à la question, il peut conserver la pièce.
3. Lorsqu'une équipe a amassé toutes les six pièces, elle peut assembler le casse-tête.
4. La première équipe qui assemble correctement le casse-tête gagne.

mois/année

ENERGY DRINKS

Take a closer look!

224 calories*

the same amount found in a slice of pizza



+

174 mg caffeine*

the same amount found in 1 1/2 cups of coffee



+

All those other ingredients

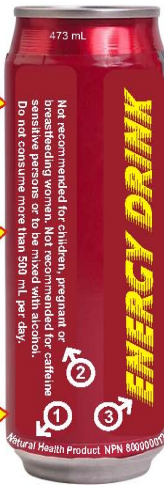
have limited scientific evidence to support claims of improved performance:

- Guarana
- Taurine
- Glucuronolactone
- Ginseng
- Gingko Biloba, etc.

- ① Just because something is natural doesn't make it healthy.
- ② Warnings about how much you should drink or who can drink this product should make you think twice about drinking it yourself.
- ③ Try **HEALTHY** energy boosters:

- ★ Drink water
- ★ Get enough sleep
- ★ Exercise
- ★ Eat balanced meals and snacks.

* Based on the average of seven popular energy drinks



14 tsp of sugar*

more than the amount found in a can pop



+

250 mg of sodium*

17% of your needs for the day - the same amount found in 25 BBQ chips



BOISSONS ÉNERGISANTES

Voyez-y de plus près!

224 calories*

autant que dans une tranche de pizza



+

174 mg de caféine*

autant que dans 1 1/2 tasses de café



+

Et tous ces autres ingrédients :

- Guarana
- Taurine
- Glucuronolactone
- Ginseng
- Gingko Biloba, etc.

Très peu de preuves scientifiques associent ces ingrédients à un meilleur rendement.

- ① Un produit "naturel" n'est pas nécessairement bon pour la santé.
- ② Voulez-vous vraiment consommer une boisson qui vient avec une mise en garde?
- ③ Essayez plutôt ces stimulants SAINS :

- ★ Buvez de l'eau
- ★ Dormez suffisamment
- ★ Faites de l'exercice
- ★ Mangez des repas et des collations équilibrés

* Moyenne réalisée à partir de sept boissons énergisantes populaires