

## Appendix A 10b:

### FOOD STEPS 2, Contemplation Pamphlet

If you are interested in the **FOOD STEPS** program, call us for more information or fill out an **ORDER FORM** below and send it back to us today!!

We'll send you the "Step" that's best for you!

#### ORDER FORM

- ✓ Yes, I am interested in the FOOD STEPS program. Please contact me with more information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone #: \_\_\_\_\_

Clip and return to:



FOOD STEPS .....

Finally, a program for adults that understands the way you want to eat... and why!

#### Program Highlights

- ✓ developed by registered dietitians and other health professionals
- ✓ complete the program by mail
- ✓ no meetings to attend
- ✓ go at your own pace
- ✓ no preaching, no gimmicks, no costs!
- ✓ FOOD STEPS doesn't ask you to change the way you eat
- Start the program with the guide that's right for you and stop at any time.
- Guides for each step are available for both men and women.



For people who  
are thinking about  
changing the way  
they eat



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**FOOD STEPS is four different programs in one.**

Separate easy-to-use booklets for:

- ❶ People who don't want to change the way they eat.
- ❷ People who are thinking about changing the way they eat. ***You are likely at this stage.***
- ❸ People who are ready to eat less fat.
- ❹ People who want to keep a low-fat way of eating for good.

FOOD STEPS is a program for everyone. There's one designed for you!



If you have thought about making a few changes, but think that it may be difficult or unpleasant experience, **FOOD STEPS 2** is for you!

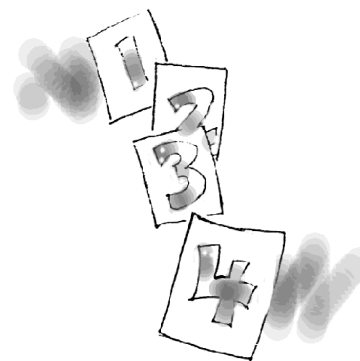
**Step 2** of the **FOOD STEPS** program includes information about:

- healthy eating
- small changes go a long way
- how what you eat affects your health
- activities to help you decide whether or not to change.



We invite you to give the **FOOD STEPS** program a try.....just contact us. Our telephone number and order form are on the back page. You are under no obligation to do anything !

See what *you* think .....



And, as an added bonus, the **FOOD STEPS** program is being offered free of charge!

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Developed by the Windsor-Essex County Health Unit in partnership with the Ontario Ministry of Health, the Canadian Cancer Society of Ontario, and the Heart and Stroke Foundation of Ontario.