

Appendix A 10d:
FOOD STEPS 4: Maintenance 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

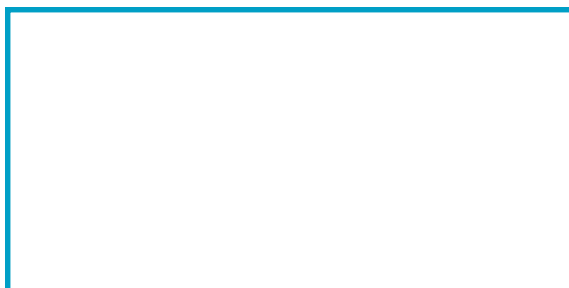
- ✓ Yes, I am interested in the FOOD STEPS program. Please contact me with more information.

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
want to keep a
low-fat way of
eating



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FOOD STEPS 4, Maintenance Pamphlet

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.
- ❸ People who are ready to eat less fat.
- ❹ People who want to keep a low-fat way of eating for good. *You are likely at this stage.*

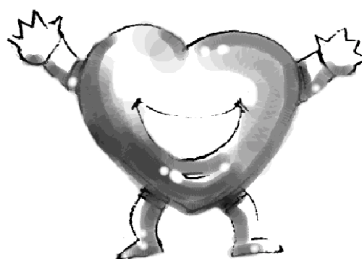
FOOD STEPS is a program for everyone. There's one designed for you!



You have successfully reduced the amount of fat you eat but you may still find it hard to avoid temptations. That's where **FOOD STEPS 4** can help you.

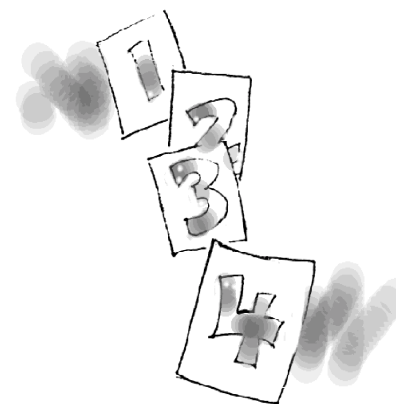
Step 4 of the FOOD STEPS program includes:

- more facts about fat and healthy eating
- how to keep a low-fat way of eating for good
- how to deal with temptations
- how to get back on track if you slip.



We invite you to give the **FOOD STEPS** program a try..... Just order the **Step 4** booklet and take a look through it. You are under no obligation to do anything, and it's free!

See what *you* think.....



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

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.