

Appendix A 9:

General FOOD STEPS 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!

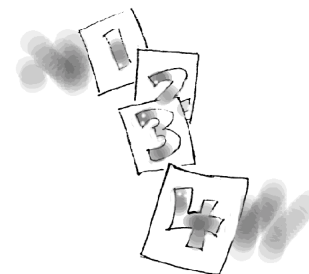
Program Highlights

- ✓ 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.



FOOD STEPS

A Program to Help You Eat Better



Appendix A 9: General FOOD STEPS Pamphlet

FOOD STEPS is four different programs in one. There's one designed for you!

Answer these questions to see which program is right for you!!

Do you consistently avoid eating high-fat foods?

- A. ☐ Yes, and I have been for more than 6 months.
- B. ☐ Yes, I have been but for less than 6 months.
- C. ☐ No, but I intend to in the next 6 months.
- D. ☐ No, and I do **not intend** to in the next 6 months.



Where do you fit??

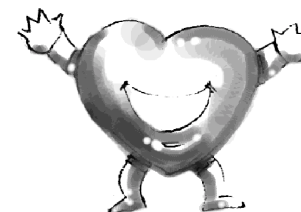
- A. You have already made changes to the way you eat and want to keep your low-fat way of eating for good. You would receive **Step 4**.
 - B. You are trying to reduce the amount of fat you eat. You would receive **Step 3**.
 - C. You are thinking about changing the way you eat. You would receive **Step 2**.
 - D. You don't want to change the way you eat. You would receive **Step 1**.
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If you don't want to change the way you eat, **FOOD STEPS** won't ask you to. It simply provides information on healthy eating.

If you are interested in making some changes, **FOOD STEPS** provides simple strategies to help you accomplish this! You get the booklet that is right for you, when you are ready for it. You can move on to the next step if, and when, you decide you want to.

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!

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.