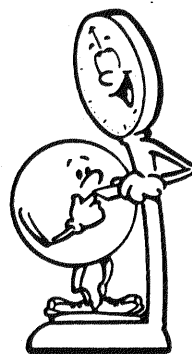


# Evaluation Forms

## SECTION 5



## Evaluation Form: *Tell us what you think*

Tell us...	Yes	No
1. Did you enjoy yourself today?		
2. Did you learn something new?		
3. Will you make any changes in your diet as a result of today's session?		
4. Is there anything else you would like to say about today's session?		

# HEALTHY EATING MANUAL FEEDBACK FORM

We need your input to maintain the quality and usefulness of the Healthy Eating Manual program. Please complete the following questionnaire and send it to the Healthy Eating Manual Program at the Ministry of Health.

1. Do you use the Healthy Eating Manual? YES ☐ NO ☐  
If no, why not? (Please circle all that apply)

- (a) other resources were available
- (b) lack of training to use manual
- (c) do not like the manual
- (d) inappropriate for my job duties
- (e) have not had the time
- (f) other (please specify) \_\_\_\_\_

2. What is your role in using the Manual?

TRAINER ☐ FACILITATOR ☐  
SUPPORT CONSULTANT ☐ I DO NOT KNOW ☐

3. Please rate the manual according to the following categories by indicating the rating number beside each category. (please circle)

1	=	no opinion	4	=	good
2	=	poor	5	=	excellent
3	=	adequate			

## Categories

## Rating

a)	Format	1	2	3	4	5
b)	Interactive approach	1	2	3	4	5
c)	Content	1	2	3	4	5
d)	Graphics	1	2	3	4	5
e)	Level of writing or language	1	2	3	4	5
f)	Overall rating	1	2	3	4	5

4. The Healthy Eating Manual contains five mini-lessons each focusing on one of two key concepts using quizzes and other learning activities. Please rate the quality and usefulness of each mini-lesson.

1	=	no opinion	4	=	good
2	=	poor	5	=	excellent
3	=	adequate			

## Categories

## Rating

a)	Introduction to Healthy Eating	1	2	3	4	5
b)	Healthy Eating with Less Fat	1	2	3	4	5
c)	Healthy Eating with More Fibre	1	2	3	4	5
d)	How Healthy is Your Weight	1	2	3	4	5
e)	Healthy Eating Out	1	2	3	4	5

5. Which mini-lesson(s) do you use the most? Why?

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6. Are there supports that could be provided to you that would be helpful in your use of the Manual?

- a) promotional materials
- b) teaching aides for program delivery
- c) training / orientation opportunities
- d) links to support consultants
- e) links to potential audiences
- f) other \_\_\_\_\_

7. Would you recommend this resource to other community leaders?

YES ☐ NO ☐

If yes, please suggest any groups of potential users who might benefit from receiving the resource and corresponding orientation and support \_\_\_\_\_

8. We like to highlight various uses of the Manual in the "Sharing Experiences" section in the Healthy Eating In Action Newsletter. Please share your experiences with us. If you have done any evaluations on the training, uses, audience response, etc. we would be interested in your results.

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9. Please indicate your name and phone number so that we can contact you to get further information for the newsletter.

NAME: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

**Please return this form to:**

**Healthy Eating Manual Program  
Nutrition Strategy Unit  
Health Promotion Branch  
Ministry of Health  
5700 Yonge Street  
Toronto, Ontario M2M 4K5  
Fax number: 416-314-5497**

# Resources

## SECTION 6



**Where  
to Get  
Handout  
Material  
Recommended  
in this  
Manual**

**CANADIAN CANCER SOCIETY**

Available from local Canadian Cancer Society offices  
For the office that serves your area, look in the white pages of the telephone book under Canadian Cancer Society.

**HEART AND STROKE FOUNDATION FACT SHEET SERIES**

Available from: local chapters of the Heart and Stroke Foundation.  
For the chapter that serves your area, look in the white pages of the telephone book under Heart and Stroke Foundation.

**ONTARIO MINISTRY OF HEALTH**

*Canada's Food Guide to Healthy Eating*  
*(Tearsheet, Using the Food Guide Booklet, Food Guide Facts – Background for Educators and Communicators)*  
*Healthy Weights: A New Way of Looking at Your Weight and Health Food Smarts*

Available from Public Health Units  
(see addresses on pages 107-109), or:  
*Health Information Centre*  
*Communications and Information Branch*  
*Ontario Ministry of Health*  
*8th Floor, Hepburn Block*  
*80 Grosvenor St.*  
*Toronto, ON M7A 1S2*  
*TEL: Toronto area: 327-4327*  
*Elsewhere in Ontario 1-800-268-1153*  
*FAX: 416-327-4389*

**HEALTH CANADA**

*Using Food Labels to Choose Foods for Healthy Eating*  
*VITALITY Self-Esteem and Body-Image articles (set of 5)*  
Available from:

*Publications*  
*Health Canada*  
*Ottawa, ON K1A 0K9*  
*TEL: (613) 954-5995*  
*FAX: (613) 941-5365*

**Promoting  
Healthy  
Eating  
Lessons**

In addition to the content of this manual and the recommended resources, the Healthy Eating Program has developed some promotional materials, which are ideal for worksite and community events. These items include:

- a black and white 8.5 x 11 master "Healthy Eating: Make it Happen!" poster

- two sheets of black and white master payroll inserts (3 inserts per sheet)

They are included at the back of the manual. They can be used to promote upcoming Healthy Eating Manual mini-lessons or training sessions. The master poster and pay inserts can be photocopied onto coloured paper and distributed to potential audiences.

The Health Promotion Branch is developing a network of trainers, facilitators and consultants for the Health Eating Manual by geographic region. They are:

- Trainers: registered dietitians who provide training\orientation to individuals interested in using the Manual
- Facilitators: individuals who directly use the Manual such as dietitians, occupational health nurses, public health nurses, fitness leaders, and volunteers from health organizations.
- Support Consultants: registered dietitians who provide on-going assistance and advice to users of the Manual.

This network allows the Health Promotion Branch to share information and resources through a newsletter, "Healthy Eating in Action," and helps strengthen training and support for the Manual.

To obtain the names of Healthy Eating Manual trainers, facilitators or consultants in your area, contact the public health nutritionist at your local Health Unit.

If you would like to add your name to one of the lists, or put your name on a mailing list for the newsletter, please fill in the registration form at the front of the Manual, or contact:

Nutrition Strategy Unit  
Health Promotion Branch  
5700 Yonge Street  
North York ON M2M 4K5

Tel: (416) 314-5493

Fax: (416) 314-5497

- ☐ Begin by making contact with a public health nutritionist/dietitian. These professionals make a point of knowing the community well. They can either help you directly with the program or can direct you to other, more appropriate people in the community.

There is a public health nutritionist/dietitian in every health unit in Ontario and every community in Ontario is served by a health unit. The addresses and telephone numbers of the public health units throughout Ontario are attached.

## ***How to Get Help Using This Manual***

## ***How to Connect with a Registered Dietitian (R.D.)***

# **Public Health Units in Ontario**

## **NORTHERN REGION**

Northwestern Health Unit  
21 Wolsley Street  
Kenora, Ontario P9N 3W7  
(807) 468-3147  
FAX (807) 468-4970

District of Algoma Health Unit  
6th Floor, Civic Centre  
99 Foster Drive  
Sault Ste. Marie, Ont. P6A 5X6  
(705) 759-5437  
FAX (705) 759-1534

Porcupine Health Unit  
Postal Bag 2012  
Timmins, Ontario P4N 8B7  
(705) 267-1181  
FAX (705) 264-3980

Sudbury and District Health Unit  
1300 Paris Street  
Sudbury, Ontario P3E 3A3  
(705) 522-9200  
FAX (705) 522-5182

Thunder Bay District Health Unit  
999 Balmoral Street  
Thunder Bay, Ont. P7B 6E7  
(807) 625-5900  
FAX (807) 623-2369

North Bay and District Health Unit  
101 McIntyre Street West  
P.O. Box 450  
North Bay, Ont. P1B 8J1  
(705) 474-1400  
FAX (705) 474-8252

Timiskaming Health Unit  
P.O. Box 98  
31 Station Road N.  
Kirkland Lake, Ontario P2N 3M6  
(705) 567-9355  
FAX (705) 647-5779

## **CENTRAL REGION**

Regional Municipality of York  
Public Health Dept  
Box 147  
17250 Yonge Street  
Newmarket, Ontario L3Y 6Z1  
(905) 895-4511  
FAX (905) 895-3166

City of Scarborough Health Unit  
Scarborough Civic Centre  
55 Town Centre  
Suite 500  
Scarborough, Ontario M1P 4X4  
(416) 396-7450  
FAX (416) 396-5150

City of York Health Unit  
504 Oakwood Avenue  
Toronto, Ontario M6E 2X1  
(416) 394-2852  
FAX (416) 394-2835

City of Toronto Health Unit  
Northern Health Area  
1884 Davenport Road  
Toronto, Ontario M6N 2Y2  
(416) 392-0898  
FAX (416) 392-0645

City of Toronto Health Unit  
Eastern Health Area  
235 Danforth Avenue  
Toronto, Ontario M4K 1N2  
(416) 392-0936  
FAX (416) 392-0714

City of Toronto Health Unit  
Western Health Area  
2340 Dundas St. West  
Toronto, Ontario M6P 4A9  
(416) 392-0884  
FAX (416) 392-0631

City of Toronto Health Unit  
Downtown Health Area  
277 Victoria Street, 3rd Floor  
Toronto, Ontario M5B 1W1  
(416) 392-7641  
FAX (416) 392-1482

Borough of East York Health Unit  
East York Civic Centre  
850 Coxwell Avenue  
Toronto, Ontario M4C 5R1  
(416) 461-8136  
FAX (416) 461-8564

City of Etobicoke Health Unit  
Etobicoke City Hall  
399 The West Mall  
Etobicoke, Ontario M9C 2Y2  
(416) 394-8261  
FAX (416) 394-8893



North York Health Unit  
5100 Yonge Street  
North York, Ontario M2N 5V7  
(416) 395-7669  
FAX (416) 395-7691

Peel Health Department  
199 County Court Blvd.  
Brampton, Ontario L6W 4P3  
(905) 791-9400  
FAX (905) 796-0975

#### **NEAR EAST REGION**

Peterborough County-City Health Unit  
10 Hospital Drive  
Peterborough, Ontario K9J 8M1  
(705) 743-1000  
FAX (705) 743-2897

Haliburton, Kawartha, Pine Ridge  
District Health Unit  
Box 90  
200 Rose Glen Road  
Port Hope, Ontario L1A 3V9  
(905) 885-9100  
FAX (905) 885-1633

Durham Region Health Department  
Suite 210, Whitby Mall  
1615 Dundas Street East  
Whitby, Ontario L1N 2L1  
(905) 723-8521  
FAX (905) 723-6026

Hastings & Prince Edward  
Counties Health Unit  
179 North Park Street  
Belleville, Ontario K8P 4P1  
(613) 966-5500  
FAX (613) 966-9418

#### **FAR EAST REGION**

Kingston, Frontenac & Lennox &  
Addington Health Unit  
221 Portsmouth Ave.  
Kingston, Ontario K7M 1V5  
(613) 549-1232  
FAX (613) 549-7896

Leeds, Grenville & Lanark District H.U.  
458 Laurier Blvd.  
Brockville, Ontario K6V 7A3  
(613) 345-5685  
FAX (613) 345-2879

Eastern Ontario Health Unit  
1000 Pitt Street  
Cornwall, Ontario K6J 5T1  
(613) 933-1375  
FAX (613) 933-7930

Ottawa-Carleton Regional Health Unit  
495 Richmond Road  
Ottawa, Ontario K2A 4A4  
(613) 722-2328  
FAX (613) 724-4123

Renfrew County & District Health Unit  
7 International Drive  
Pembroke, Ontario K8A 6W5  
(613) 732-3629  
FAX (613) 735-3067

#### **CENTRAL WEST REGION**

Brant County Health Unit  
194 Terrace Hill Street  
Brantford, Ontario N3R 1G7  
(519) 753-7377  
FAX (519) 753-2140

Niagara Regional Area Health Unit  
573 Glenridge Ave, P.O. Box 3041  
St. Catharines, Ontario L2R 7E3  
(905) 688-3762  
FAX (905) 682-3901

Waterloo Regional Health Unit  
850 King Street West  
Kitchener, Ontario N2G 1E8  
(519) 741-3822  
FAX (519) 744-4359

Wellington-Dufferin-Guelph  
Health Unit  
205 Queen Street East  
Fergus, Ontario N1M 1T2  
(519) 843-2460  
FAX (519) 843-2321

Hamilton-Wentworth Regional  
Health Unit  
25 Main Street W., 4th Floor  
P.O. Box 897  
Hamilton, Ontario L8N 3P6  
(905) 546-3518  
FAX (905) 528-2205

Halton Regional Health Dept  
1151 Bronte Road  
Oakville, Ontario L6M 3L1  
(905) 825-6116  
FAX (905) 825-8588

Haldimand-Norfolk Regional  
Health Unit  
365 West Street, Box 247  
Simcoe, Ontario N3Y 4L1  
(519) 426-6170  
FAX (519) 426-9974

**SOUTHWEST REGION**

Huron County Health Unit  
Huronview Building  
Hwy. 4  
Box 1120  
Clinton, Ontario N0M 1L0  
(519) 482-3416  
FAX (519) 482-7820

Kent-Chatham Health Unit  
435 Grand Avenue W.  
P.O. Box 1136  
Chatham, Ontario N7M 5L8  
(519) 352-7270  
FAX (519) 352-2166

Oxford County Health Unit  
410 Buller Street, Box 485  
Woodstock, Ontario N4S 7Y5  
(519) 539-6121  
FAX (519) 539-6206

Perth District Health Unit  
653 West Gore Street  
Stratford, Ontario N5A 1L4  
(519) 271-7600  
FAX (519) 271-2195

Middlesex-London Health Unit  
50 King Street  
London, Ontario N6A 5L7  
(519) 663-5317  
FAX (519) 663-9581

Windsor-Essex County Health Unit  
1005 Ouelette Avenue  
Windsor, Ontario N9A 4J8  
(519) 258-2146  
FAX (519) 258-6003

Elgin-St. Thomas Health Unit  
99 Edward Street  
St. Thomas, Ontario N5P 1Y8  
(519) 631-9900  
FAX (519) 633-0468

Sarnia-Lambton Health Unit  
160 Exmouth Street  
Sarnia, Ontario N7T 7Z6  
(519) 383-8331  
FAX (519) 383-7092

**GEORGIAN BAY REGION**

Bruce-Grey-Owen Sound Health Unit  
920 First Avenue West  
Owen Sound, Ontario N4K 4K5  
(519) 376-9420  
FAX (519) 376-0605

Muskoka-Parry Sound Health Unit  
10 Pine Street  
Bracebridge, Ontario P1L 1N3  
(705) 645-4471  
FAX (705) 645-8567

Simcoe County District Health Unit  
15 Sperling Drive  
Barrie ON L4M 4K9  
(705) 721-7330  
FAX (705) 721-1495

**ONTARIO MINISTRY OF HEALTH**

Health Promotion Branch  
5th Floor, 5700 Yonge St.  
North York, Ontario M2M 4K5  
(416) 314-5503  
FAX (416) 314-5497

# *Healthy Eating: make it happen!*



Practical and easy ideas  
for everyday living.



---

TOPIC: \_\_\_\_\_

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_

---

# ***Healthy Eating: make it happen!***

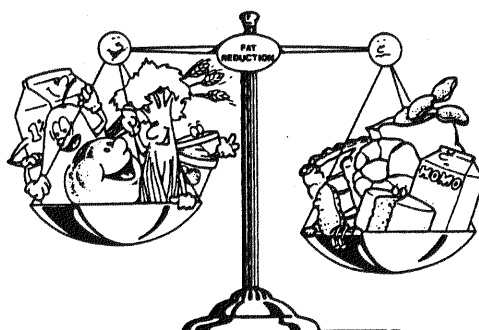


Enjoy a **VARIETY** of foods.

Choose foods from each of the four food groups:  
grain products, vegetables and fruits, milk products, and  
meat and alternatives.

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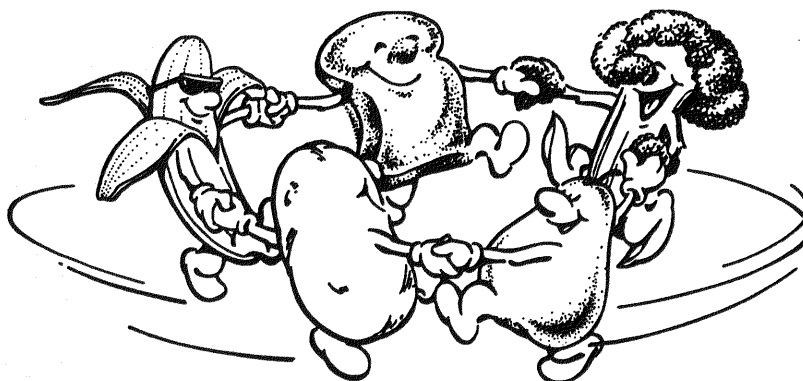
## ***Healthy Eating with Less Fat***



Choose lower-fat  
dairy products,  
leaner meats and  
foods prepared  
with little or no fat.

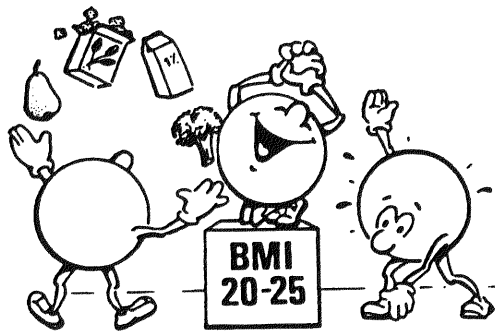
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## ***Healthy Eating with More Fiber***



Eat more cereals, breads, other grain products,  
vegetables and fruit.

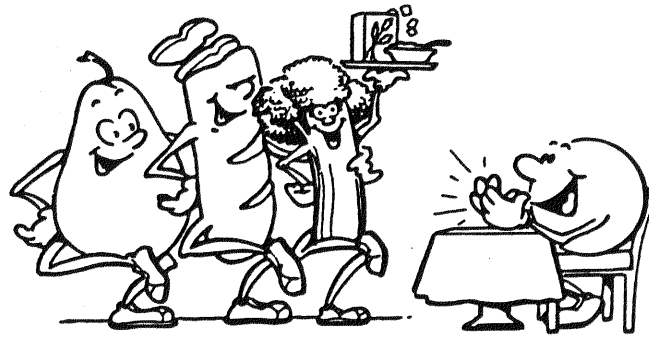
***How  
healthy  
is your  
weight?***



Enjoy regular  
physical  
activity and  
healthy eating.

---

## ***Healthy Eating Out***



Choose meals that are lower in fat and salt  
and higher in fiber.

---

## ***Healthy Eating: make it happen!***



Practical and easy ideas for everyday living.

WHEN: \_\_\_\_\_ WHERE: \_\_\_\_\_