





## **More Information**

Workplace Wellness Topics: including healthy eating, physical activity, mental health, smoke free workplaces, sun safety and cancer screening and early detection.

[healthywork.ca/](https://healthywork.ca/)

Canada's Healthy Eating Guide:

[food-guide.canada.ca/en/](https://food-guide.canada.ca/en/)

Working on Wellness BC Coalition for Healthy Living:

[bchealthyliving.ca/what-we-do/working-on-wellness/healthy-eating/](https://bchealthyliving.ca/what-we-do/working-on-wellness/healthy-eating/)

Faller Food Choice Poster:

[bcforestsafesafe.org/files/ps\\_FallerFoodChart.pdf](https://bcforestsafesafe.org/files/ps_FallerFoodChart.pdf)

Healthy Eating Tips from Heart and Stroke Foundation:

[heartandstroke.ca/get-healthy/healthy-eating](https://heartandstroke.ca/get-healthy/healthy-eating)