

## Acknowledgments

We would like to thank the following individuals and agencies for their assistance and inspiration in developing this resource:

**Bonnie Conrad, P.Dt.**

Workplace Health and Development Consultant, Capital Health

**Jamey Coughlin**

Business Development Specialist, Business Development and Economics, Nova Scotia Department of Agriculture

**Sheila Ferguson**

Information Officer, Nova Scotia Department of Agriculture

**Nikki Holden**

Program Evaluator, Nova Scotia Public Service Commission

**Stacey Kimura, R.D.**

Public Health Dietitian, Hastings and Prince Edward Counties, Health Unit, Belleville, Ontario

**Rebecca LeBlanc, P.Dt.**

Dietitian, Atlantic Health and Wellness Institute

**Steven Noel**

Dietetic Student, Mount Saint Vincent University

**Elaine Shelton, P.Dt.**

Director of Health Promotion, Heart and Stroke Foundation of Nova Scotia

**Maria Tendencia**

Human Resources Advisor, Nova Scotia Public Service Commission

**Anneke Vink**

Dietetic Student, Mount Saint Vincent University

Over two years of effort was invested in this project. There are so many people to thank! Our goal in creating this resource was to create a place for government employees to learn about eating well and all the benefits derived from eating well.

Our eating habits influence our health. So much research has been done in this area, and it all indicates that if we eat well, we live longer and are healthier. One of the best things we can do for our health is to eat healthy foods and stay active throughout life. Just by eating the recommended number of Food Guide servings of vegetables and fruits a day, we can help reduce our risk of diseases such as heart disease and certain types of cancers. Following the suggestions in *Eating Well with Canada's Food Guide* can help us feel and look healthier. There is a lot of information, but it is easy to understand. Our goal is to help people develop healthier eating habits.

Many people were involved in the creation of this resource, thank you all.