



Eat Well & Be Active: Healthy Eating Challenge 2007

Prairie North Health Region and Midwest Food Resource Project challenged people in Prairie North to "Eat Well & Be Active". Teams from across the health region rose to the challenge. CONGRATULATIONS TO ALL PARTICIPANTS.

Support your team by cheering them on and creating a community where healthy foods are available. Use *Canada's Food Guide* www.canadasfoodguide.org to "eat well and be active today and everyday."

The following participants have won prizes for week six.

Assorted Week 6 Prizes:

- Andrew Ridd, team captain from Odds 'n Ends, really is a big winner for getting his team's points in by Wednesday. Water bottle
- Rita Sonntag, Pierceland School Team 2, can pick up her water bottle from Meadow Lake MWFRP
- Debbie, Team MLTC, can pick up her water bottle from Meadow Lake MWFRP.
- Catherine Kirk, Pierceland School Team 1, can pick up her Stow and Go Bag from Meadow Lake MWFRP
- Adam Kulrich, the Slim Goodbodies, can pick up his water bottle from Meadow Lake MWFRP.

GRAND PRIZES

- **TOP TEAMS:**
 - Library Bookers: team members win a \$15 Fresh Food Box. Pick up at North Battleford MWFRP 446-2684
 - Healthy TOPS Bunch: team: team members win a \$15 Fresh Food Box. Pick up at North Battleford MWFRP 446-2684
 - The Fit Wits: team members win a \$15 Fresh Food Box. Pick up your coupon from Meadow Lake MWFRP 236-3966
- **CONSOLATION PRIZE:** These teams were in the top 10 almost every week but didn't have top points. Each team wins a 10 punch fitness pass to share or give to their top participant. These prizes can be picked up from North Battleford MWFRP
 - Johnson Holm Svenkeson, P.C., Ltd. 2
 - TOPS Healthy Chics
- **TOP TEAM FROM WEEK 1: Team champion will win a water bottle.**
 - Mainly Green (Judy Stefanick). Contact MWFRP 446-2684
- **TOP TEAM FROM WEEK 2: Team champion will win a water bottle.**
 - Coop Crunchies (Danielle). Contact Cheryl MWFRP 825-2439
- **TOP TEAM FROM WEEK 3: Team champion will win a water bottle.**
 - What's in a Name (Leah Hardy) Contact Cheryl MWFRP 825-2439
- **TOP TEAM FROM WEEK 4: Team champion will win a water bottle.**
 - What's in a Name (Jette DaSilva) Contact MWFRP 446-2684
- **TOP TEAM FROM WEEK 5: Team champion will win a water bottle.**
 - Library Bookers (Yvonne Lapp). Contact MWFRP 446-2684
- **MOST IMPROVED TEAM: All Team Members to win pens and/or art calendar.**
 - Circle of Learning Veggie Buddies. Contact MWFRP 446-2684
- **FIRST TEAMS TO PASS 3500 points. Team champions will win water bottles.**
 - Baked, Not Fried (Lori Barteo)
 - Bee-J's Buzzie Bodies (Laurel Zehner)
 - Healthy TOPS Bunch (Lea Spielman)
 - Home Care Cuties (Donna Carl)
 - Johnson Holm Svenkeson, P.C., Ltd. (Serisse Koberinski)
 - Library Bookers (Lois Hayes-Golding)
 - Victorious Villa Villains (Jeanette Partyka)
- **BEST TEAM NAME:** Alpha Beta Carotene. Your thermal lunch bags are available at MWFRP 446-2684
- **TOP TEAM RECUITER:** Gaylyn Kennedy. Fitness pass

Want to keep the healthy eating message going after the challenge? A limited number of colourful nutrition posters are available to decorate your work space. Contact Jennifer at Jennifer.miller@pnrha.ca

Wondering how your team is doing?

Team Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Grand Total
A Bunch of Nuts - Kids First	169	319	621	724	906	654	3393
A Cut Above the Rest	246	452	665	728	940	1045	4076
Administrative Apples	236	454	635	760	1026	1155	4266
Baked, Not Fried	284	506	708	920	1175	1172	4765
Beauties and the Beast	258	436	609	591	949	935	3778
BECIP'S Fruity Tooties	236	472	694	723	959	1099	4183
Bee-J's Buzzie Bodies	312	492	681	898	1156	1270	4809
Biggest Winner	257	442	611	782	1003	1226	4321
Bready Snackers	240	439	678	0	0	1188	2545
Buns Masters	217	296	613	654	823	837	3440
Cake Monsters	218	411	675	760	923	1062	4049
Circle of Learning Veggie Buddies	96	443	573	846	1106	1477	4541
Co-op Crunchies	179	572	718	543	750	670	3432
Crunch and Munch	276	503	689	813	689	1225	4195
Dr. Cooke Fruit Loops	224	0	0	0	0	0	224
Eating Freestyle	202	370	606	745	897	1128	3948
Fat Lizard Katz	210	262	570	599	818	1058	3517
Flab-u-Less Six	263	420	625	755	1037	1135	4235
Flip it, Dip it and Eat it	222	413	639	655	822	1074	3825
Focus on Food	242	467	636	725	959	1128	4157
Health Advocates Goodsoil School	239	429	673	672	924	1170	4107
Healthy Handful	281	481	678	817	1065	1287	4609
Healthy TOPS Bunch	288	486	688	926	1234	1411	5033
Home Care Cuties	175	405	570	785	1075	1114	4124
Hot Tamalies - BFHC	0	0	0	0	0	0	0
Johnson Holm Svenkeson, P.C., Ltd. 1	282	515	706	849	1166	1318	4836
Johnson Holm Svenkeson, P.C., Ltd. 2	266	524	727	903	1152	1335	4907
KF #1	197	392	532	651	863	595	3230
Lab Sharps	308	530	720	683	846	1329	4416
Lady Minto	294	529	0	0	0	0	823
Leftovers	214	322	554	700	969	894	3653
Library Bookers	304	528	733	942	1242	1381	5130
Mainly Green Munching Machines	315	515	724	857	1142	1288	4841
Mutters Munchers	231	447	665	713	918	1138	4112
Nifty Nutrition Nuts	309	435	606	653	929	981	3913
Odds 'n Ends	155	195	275	393	566	610	2194
Pierceland School Team 1	243	467	690	818	1130	1323	4671
Pierceland School Team 2	247	397	641	873	1022	1131	4311
Rock Hard Rollers	201	447	632	833	1074	1277	4464
Search and Rescue Girls	208	413	615	742	930	1051	3959
Sensible Six	247	261	266	277	282	419	1752
Six Pack	178	389	583	757	1057	1173	4137
Six Sexy Secretaries	259	318	629	746	1108	1383	4443
Team MLTC	164	335	590	735	901	993	3718
Team Win	237	446	616	782	1061	1055	4197
The Alpha Beta Carotenes	253	482	698	863	1102	1327	4725
The Cheese Cake Brownies	247	403	618	698	698	907	3571
The Chocolate Cravers	281	491	706	833	1134	1328	4773
The Downtown Overeaters	243	427	609	720	915	894	3808
The Fit Wits	295	511	738	876	1243	1366	5029
The Fruitcakes	294	448	663	711	948	1259	4323
The Slim Goodbodies	311	496	710	730	963	1120	4330
Therapies Fruit Loops	287	494	0	0	0	0	781
TOPS Healthy Chics	309	514	664	804	1198	1441	4930
Vegetable Dip	278	486	724	892	1139	1290	4809
Veggie Weggies	221	368	573	613	831	941	3547
Victorious Villa Villains	306	515	731	906	1190	1294	4942
Walmart of Love	245	0	0	0	0	0	245
What's in a name?	265	432	744	963	1088	1181	4673
Z Fruitfully Fantasic Females	268	494	669	715	1043	1171	4360
ZZ Midwest Furniture	201	421	640	696	867	1070	3895
	14733	25357	35846	41348	53953	62783	234020
MAXIMUM PT Possible per person	54	89	124	166	222	247	902

*Please note the maximum # points a participant could earn per week. Points may have been adjusted to reflect this.