

# News Release

Sept. 6, 2011



## Leduc challenges families to 21 days of healthy eating – Initiative focuses on family connections and nutrition

The City of Leduc has partnered with Sobeys Leduc and Communities Choosewell to introduce '21 Days to Healthy Eating' to encourage families to eat well together.

"We want to encourage families in our community to eat at least one, nutritious, home-cooked meal together every day for 21 consecutive days from Sept. 6 – 26, 2011," says Darrell Melvie, director of community development and service planning with the City of Leduc.

Residents can obtain a logbook at the Leduc Civic Centre, Sobeys Leduc and the Leduc Recreation Centre (LRC) to receive more information on health and nutrition.

"This book is not a requirement to participate, but it does act as a great tool for families with children to plan 21 days of healthy eating," says Melvie.

Participants are asked to register online at [arpaonline.ca/choosewell/events](http://arpaonline.ca/choosewell/events) to become eligible to win a number of great prizes, including Sobeys' gift certificates. Local residents are also eligible to win one of three family punch-passes to the LRC.

For more information, visit [Leduc.ca/21days](http://Leduc.ca/21days) or call (780) 980-7177.

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