

HEALTHY LIVING update

Healthy living is something all Manitobans are interested in and for that reason, the Summer 2007 issue of the *Leader* contained a special report entitled "Healthy Living in Manitoba." In that issue, readers were asked, "What's on your plate?" and told about some of the ways municipalities can work towards a sustainable food system. In that same issue we mentioned Services for Seniors and further explored Manitoba's Age Friendly Initiative in our Winter 2008 issue. Here is an update on both of these items.

MANITOBA WELCOMES AGE-FRIENDLY COMMUNITIES

On February 11, 2008, Healthy Living Minister **Kerri Irvin-Ross**, Minister Responsible for Seniors, launched the Age-Friendly Manitoba initiative in Portage la Prairie at the Age-Friendly Manitoba summit that brought


together communities involved in the initiative. According to Irvin-Ross, "By actively engaging and assisting municipalities, the initiative is designed to make Manitoba the most age-friendly province in Canada."

Creating an age-friendly province begins at the local level where the community collectively determines the age-friendliness of their neighbourhoods and the issues and concerns of its older members, the minister said. The Minister added, "It may be mobility issues such as uneven sidewalks, accessibility issues like heavy doors on public buildings or getting community groups to pool resources to create a social centre for seniors. An age-friendly community enables older adults to age actively, but it also benefits people of all ages. Secure neighbourhoods are safe for children, youth, women and older adults. Barrier-free buildings and streets enhance the mobility and

independence of both younger and older people with disabilities."

Ten interested cities and towns across Manitoba have been selected to participate in the first round of the initiative and will each receive \$2,000 in provincial funding to survey their needs and consult with local community groups. Twice a year, additional communities will be selected to join the initiative.

The 1st round communities are the RM of Roblin, the Village of Cartwright, the Town of Morris, the LGD of Pinawa, the RM of Macdonald, the Town of Gladstone, the Town of Arborg, the Town of Gilbert Plains, the Town of The Pas, and the Village of Elkhorn.

More information on the initiative is available from the Seniors and Healthy Aging Secretariat or at www.manitoba.ca/agefriendly. 

CELEBRATING MANITOBA'S OWN COMMUNITY FOOD CHAMPIONS

The first annual Manitoba Food Charter Golden Carrot Awards were created to recognize Manitoba's own Community Food Champions, and on October 16, 2007, over 100 people attended an awards breakfast at the Manitoba Legislature. The awards ceremony was part of Manitoba's World Food Day events, which included an interfaith service and Right to Food Conference in Winnipeg, and the Northern Harvest Forum in Thompson, that focused on northern food production.

Over 30 nominees were honoured through the Golden Carrot Awards that included individuals or groups working towards a more just, sustainable food system for all Manitobans. The six award categories were Rural, Northern and Urban Community Food Champions, and Media, Business, and Education. The annual awards have been launched to shine the spotlight on community members working towards good food practices in Manitoba.

Congratulations to the following communities who were recipients in the Northern and Rural categories:

Northern: Leaf Rapids Sherridon Community Council, and Leaf Rapids Mayor Nick Benyck, for engaging community families and school children in gardening and food preservation.

Rural: the Agriculture Committee of the Turtle Mountain Community Development Committee, for their Small Farms Challenge and stimulating dialogue around revitalizing agriculture and promoting rural living.

A call for nominations for the 2008 Manitoba Food Charter Golden Carrot Awards will begin in the spring. Please contact the Manitoba Food Charter at 943-0822 (in Winnipeg) or 1-800-731-2638, email info@mbfoodcharter.ca or visit their website at www.manitobafoodsecurity.ca for more information, to receive their quarterly e-newsletter, or to become involved in the Manitoba Food Security network. 

