

# HEART-BEAT

A newsletter from [heartyparty.com](http://heartyparty.com)

Fall Edition, 2001 Volume 1, Issue 2

Promoting physical activity, healthy eating and a smoke-free environment!

## SPINACH SALAD WITH MANDARIN ORANGE DRESSING

6 cups packed fresh spinach leaves, chopped and stems removed

1 1/2 cups mushrooms, thinly sliced

1 cup red onion, sliced into rings

1 can (10 oz) mandarin oranges, drained

1 tbsp lemon juice

1 tbsp olive oil

1 clove garlic, minced

1 1/2 tbsp honey

1 tbsp white vinegar

1/8 tsp black pepper



### Directions:

Toss together spinach, mushrooms, onions rings and 1/2 of the mandarin oranges in a large bowl. Set aside. Puree the remaining mandarin oranges in a blender. Pour into a bowl and add lemon juice, oil, garlic, honey, vinegar and pepper. Mix well. Pour the salad dressing over the salad and serve.

Makes 6 servings. (1 serving = 1 cup)

### Nutrient Analysis Per Serving

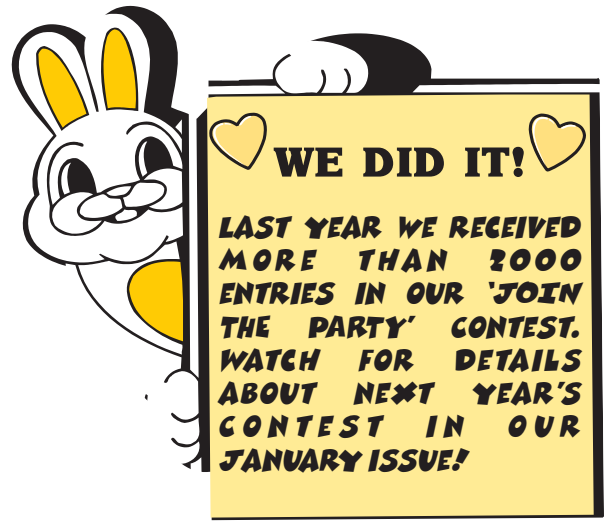
*Excellent* source of iron, folate, vitamin B<sub>6</sub>, magnesium, vitamin C and A.

Calories 68.4 / Carbohydrates 16.0 g

Protein 2.7 g / Dietary Fibre 2.4 g

Fat 0.4 g / Sodium 49.3 mg

*Adapted from: Spinnocchio Salad. Looneyspoons, Janet and Greta Podleski, Granet Publishing Inc., 1996.*



## INSIDE

Meet our Steering Committee	2
Our Partners since September	3
Eat Smart 2001 Winners	3
Greystones Restaurant	4

From the  
Corner Office

### RIGHT IN YOUR BACKYARD

#### COOKING CLASSES

Just in time for the holidays. Enjoy cooking classes with one of the most celebrated chefs in Newmarket. Next classes are on Saturday November 24th and Saturday December 8th. For more information, contact Janet Roger at (905) 830-9403.



# Three cheers for our Steering Committee members



**Jane Brown**  
Simcoe York  
District Health Council



**Jennifer Churchill**  
Regional Municipality  
of York



**Michael Jessop**  
York Region  
Emergency Services



**Eleanor Joyce**  
Chair of Steering Committee  
Southlake Regional Health Care



**Dominic Mazzotta**  
York Catholic  
School Board



**Nicky Rauzon-Wright**  
Coordinator  
heartyparty.com



**Gina T. Soriano**  
City of Vaughan



**James Thompson**  
York Region Neighbourhood  
Services Inc.



**Dean Turner**  
First Aid Training &  
Consulting



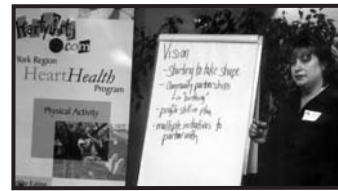
**Joan Wade**  
Town of Richmond Hill



**Gayle Whitehead**  
York Region District  
School Board



**Sue Williams**  
Hospice Georgina



Our Steering Committee community members are hard at work discussing new programs and partnerships to help raise awareness about healthy living and eating. Look for details about our new Be Smart Cherish Your Heart Contest early in the new year.



## OUR PARTNERS SINCE SEPTEMBER



### PROJECTS

### PARTNERS

Healthy Lifestyle Education for Mothers of Young Children

A Morning Out Community Group

Caring for the Physical Heart

Bereaved Families of Ontario - York Region

Community based Food Gleaning Program

Fresh Food Partners Task Group with Rose of Sharon Region of York

Promote Bicycle Riding as Transportation for Students

Stuart Scott Public School and Partners

Youth, Health and Active Living Project

Town of Newmarket, University of Toronto, York Region Public Health

Cooking Classes and Fitness

Yellow Brick House

Implement daily vigorous activity in curriculum for all students

York Catholic District School Board

York Region Eat Smart Restaurants linked on toronto.com website

York Region Health Services Eat Smart!

Healthy Lifestyle Fair

Town of Markham

Visit our web site at [heartyparty.com](http://heartyparty.com) for information on:

Heart Health

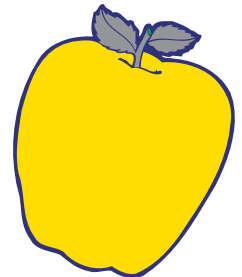
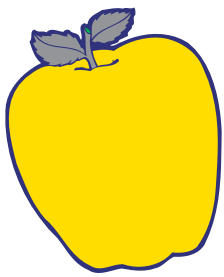
Stress Management

Physical Activity

Healthy Eating

Smoke-Free Living

Community Events



**The following York Region establishments  
Have displayed excellence in:**

- **Healthy Food Choices**
- **Food Safety**
- **Non-Smoking Seating**

**Aurora**

Gabriel's Café  
Mr. Sub  
Nella's Catering Ltd.  
The Pure Pizza Company

**Georgina**

Auberge Taillefer  
Oliveto Ristorante  
Peninsula Restaurant  
Spiaga Restaurant

**King**

King Valley Golf Club  
The Kingbridge Centre

**Markham**

369 Shanghai Dim Sum  
Aramark (A.C.Nielson Co.)  
Aramark (IBM)  
Aramark (Markville Secondary School)  
East Side Mario's  
Extendicare  
Ferrovia Restaurant  
Great Khan Mongolian Grill  
La Reserve Restaurant  
Massimo Ristorante  
Mayfair Racquet & Fitness  
Ming's Curry and Satay  
Montana's Cookhouse  
Nella's Catering Ltd.  
Octagon  
Old Curiosity Tea House  
Pho Hoa Vietnamese Noodle  
Select Sandwich  
Steelcase Cafeteria "The Hub"  
Subway Subs & Salads  
Terra  
Uncle Joe's Family Restaurant  
Windows on Main

**Newmarket**

Golden Bell Thai Restaurant  
Nella's Catering Ltd.  
Pic A Pita  
Pirate's Cove  
Sodexo Marriott Services  
Our Place  
The Buttery Restaurant



**Richmond Hill**

Alice Fazooli's! Italian Crabshack  
Chelo Kabob Persian Restaurant  
Hollywood Panini Inc.  
Il Piatto Vecchio Ristorante  
Jim's Café  
Sushi Gardens  
Swiss Chalet (9625 Yonge St.)  
Swiss Chalet (11000 Yonge St.)  
Take Me! Marche (Loblaws)  
Tim Hortons  
Tokyo Teriyaki & Chinese Food  
Tresca Trattoria Ltd.  
Williams Coffee Pub

**Vaughan**

Alice Fazooli's! Italian Crabshack  
Bamboo Hut Restaurant  
Casa Pirandello Ristorante  
Centre Street Deli  
Cuore Restaurant and Bar  
Cynthia's Chinese Restaurant  
Demetre Grande Caffee  
Granita Café  
Il Cavallino Ristorante  
La Pizzeria & Panzerotti  
Mr. Greek Restaurant  
Mr. Sub (5767 Hwy #7 West)  
Mr. Sub (2354 Major Mackenzie Dr.)  
North York Café & Catering  
Pasta Varone  
Pizza Hut  
Pizzaville  
Ristorante Brettone  
Royal Gate Café  
Santino's Pizza & Pasta  
Select Sandwich  
St. Joseph Printing Cafeteria  
Steeles Garden Restaurant  
The Doctor's House

**Whitchurch-Stouffville**

Amaretto Restaurant and  
Banquet Hall  
Gardenview Restaurant  
Mr. Sub (6162 Main St.)  
Spring Lakes Golf Club  
Subway Sandwiches & Salads

**Is your favourite restaurant missing from this list? For more information  
or to nominate a restaurant for the Eat Smart! Program, contact  
York Region Health Services  
HEALTH CONNECTION  
1-800-361-5653 or visit their web site at [www.region.york.on.ca](http://www.region.york.on.ca)**

## DID YOU KNOW?

**U**nfortunately, according to statistics from the Ontario Ministry of Citizenship, Culture and Recreation, some 62% of Ontarians – more than seven million people – are physically inactive.

*The good news is that it doesn't take much to increase your physical activity levels. Just 30 minutes of moderate exercise 5 days a week can have a significant impact.*

## ACTIVE LIVING TIPS

**INSTEAD OF TAKING THE ELEVATOR, TAKE THE STAIRS.**

---

**PICK UP THE BALL, STICK OR BAT AND PLAY WITH THE CHILDREN IN YOUR NEIGHBOURHOOD.**

---

**WALK OR BIKE TO THE MILK STORE INSTEAD OF DRIVING OR SENDING THE KIDS.**

---

**TRY SIMPLE EXERCISES WHILE YOU READ OR WORK.**

---

**LEARN SQUARE DANCING, BALLROOM DANCING OR OTHER TYPE OF SOCIAL ACTIVITIES.**

---

**WALK TO A DIFFERENT MAILBOX TO SEND YOUR LETTERS, DOWN THE STREET, INSTEAD OF AT THE CORNER.**



## ALL STAR

### Greystones Restaurant



Greystones Restaurant of Aurora received the most entries in the heartyparty.com's Join The Party in 2001 Contest. Congratulations!

This family-owned and operated restaurant specializes in authentic schnitzel cuisine that is both innovative and traditional. Using age-old family recipes from Europe, all food is prepared fresh on the premises.

Greystones is non-smoking, open seven days a week for dinner, and Tuesday to Friday for lunch; and is open Sundays for dinner only. Reservations are suggested on weekends.

*Greystones Restaurant is located at 14889 Yonge Street in Aurora. They can be reached at (905) 727-9561.*



York Region

## HeartHealth

## Program



## Health is for Life!

Stay Smoke-free

Eat Healthy

## Exercise



Please send your feedback or submissions to:  
300 Harry Walker Parkway South Newmarket, Ontario L3Y 8E2  
Nicky Rauzon-Wright (905) 727-0022 Ext. 3597.  
Fax: (905) 830-1174