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Tuesday, May 16: Keep Canada Slim launches Elementary School Program

ABERFOYLE, ON: Keep Canada Slim announced the start of its school pilot project, the Keep Canada Slim (KCS) Healthy Eating Challenge at Aberfoyle Elementary School today.

“It’s been an ongoing plan of mine to create a program that can impact the health of our kids,” explained KCS author Lee Fairbanks. “The support from educators and parents has been great and we are looking for great things from this initiative.”

The KCS Health Eating Challenge gets kids to score their school lunches and snacks. Kids get points for good choices and lose points for poor choices. At the end of the week the boy and girl with the top scores each win a sports prize.

“We also added a second prize for the two kids who have the greatest increase during the five days,” points out Fairbanks, “so even if you have a low score to begin with and have no real chance to win the first prize you can still win by trying to improve your habits during the week.”

Fairbanks said he plans to create three separate Keep Canada Slim Healthy Eating Challenges, one for each of the Third, Fifth and Seventh grades, in keeping with the Provincial curriculum guidelines for health education. The pilot project in Aberfoyle is being conducted with the help of Aberfoyle teacher Chad Guyitt and his grade 3-4 split class.

“My goal is to run the program three times per year, once in the fall, once in the winter and once again in the spring. This will increase the retention of the lessons contained within the Challenge and encourage kids to keep thinking about the value of what they are eating. Each grade level will add complexity and detail to the Challenge. Once it is implemented in all three grade levels we will have continuity throughout their school career. In this way we will have much greater impact than the many piece-meal approaches currently in use.”

The Keep Canada Slim program for adults was originally created by Dundas author Fairbanks in 1998 and published in book form in 2001. The current program was updated last year and is now available on DVD as well as in a new book available through certified consultants and on the website at www.keepcanadaslim.com.

KCS seminars for adults are offered at health and medical offices as well as through independent certified consultants. Office locations include Guelph, Hamilton, Burlington, Brantford Paris, London, Windsor, Woodstock, Perth and Calgary.

Clients can utilize the materials in a do-it-yourself format, or enrol in a 4-week personalized consultation program.

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