

# Unique 'What's In Your Thali' Initiative Is Launched

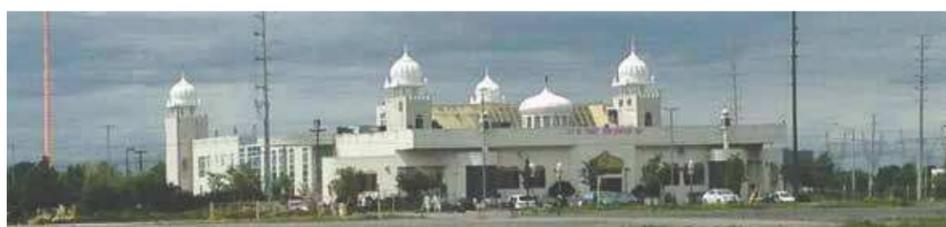
## Ontario Khalsa Darbar Implements HCI-Led Menu-Labeling Program For Communal Dining

BRAMPTON: A unique one-of-a-kind menu labelling initiative will launch on March 14, 2019. "What's in your thali" will help local residents make informed decisions about their eating habits, specifically in a faith-based communal meal setting.

"What's in your thali", which takes its name from a South Asian platter used to serve food, is a project of the Healthy Communities Initiative (HCI), an innovative partnership led by the Central West Local Health Integration Network (LHIN), Region of Peel and William Osler Health System, with the City of Brampton and local school boards.

HCI's mandate is to address population health by working in collaboration with a diverse group of community partners across a variety of settings - including faith settings - to promote a simple prescription for change known as "5-2-1-0".

Living "5-2-1-0" means: eating at least five servings of fruits and vegetables per day, limiting



screen time to two hours per day, being physically active for at least one hour per day, and consuming zero sugar-sweetened beverages throughout the day.

The need for this collaborative effort is underscored by the fact that the Central West LHIN has the highest rate of diabetes in the province.

One of the largest Sikh gurdwaras in Canada, attracting congregants from across the Greater Toronto Area, the Ontario Khalsa Darbar (OKD) is the first gurdwara in the country to implement a menu labelling initiative for communal dining.

As aligned with Sikh principles, OKD hosts a free "langar" (community kitchen) every day

throughout the year, which serves meals to all people, regardless of their faith or social background.

The gurdwara serves over 3,000 meals per day, and even more during celebratory or special events. More than 1.5 million meals are served annually.

"Working in partnership with local health system leaders and community partners has been an exciting opportunity to develop this innovative initiative," said Jaskaran Singh Sandhu, Executive Director of the World Sikh Organization of Canada.

"Menu labelling langar is likely a first in the country and possibly in the world, and demonstrates how health and wellbeing can be promoted in creative and

resourceful ways."

On menu boards posted in the , members of the public will see important caloric information (developed with the support of accredited health professionals from the Stop Diabetes Foundation) about the meals they consume as part of langar offerings and routinely-offered tea and snacks.

This information will reflect the exact recipes and methods of preparation that are used in the gurdwara kitchen, and the calorie counts on display will be similar to those seen at chain restaurants across Ontario.

"Traditional simple meals served through langar - which often consist of grains, lentils and

vegetables curries - are actually quite healthy and nutritious when eaten in the right proportions," said Dr. Harpreet Bajaj, a community endocrinologist, founder of the "Stop Diabetes" Foundation, and member of HCI's Steering Committee.

"Through these newly developed menu boards, we can easily see that sweets and

fried snacks are often where the sangat [congregants] consume a large number of additional calories and unhealthy items."

Informing members of the public on the nutritional value of their meals is the first step in supporting positive healthy behaviours.

Over the coming months, registered dietitians and kinesiologists will host workshop sessions at the gurdwara that focus on healthy eating and physical activity.

These activities will complement the menu labeling initiative by supporting local residents make and sustain healthy choices in the immediate and long-term.

## Toronto Sets New Jobs Record

TORONTO: Statistics Canada Labour Force Survey data, released last Friday, indicates that the number of employed Toronto residents set a new record in February 2019, when 1.57 million residents were employed.

The number of employed Toronto residents increased by 52,400 in February. On a seasonally adjusted monthly basis, the unemployment rate for Toronto residents fell from 6.7 per cent in December to 6.1 per cent in February. At the same time, the labour force participation rate increased substantially. The previous peak employment record for Toronto was set in November 2017.

Mayor John Tory said: "This employment data confirms the tremendous success that Toronto is achieving through the growth of its technology and financial services sectors, among others. This also reinforces the findings of studies that show downtown Toronto having the lowest commercial office vacancy rate in North America for almost three years."

## Mississauga Grants Program

MISSISSAUGA: The City of Mississauga is investing more than \$3 million to support community and culture groups in Mississauga.

A total of \$3,816,595.56 in grant funding was approved to support the following programs:

- Community Grant Program and Multi-Year Agreement: \$1,217,670.56
- Arts and Culture Grant Program: \$1,837,925
- Cultural Festivals and Celebrations Grant Program: \$761,000

"Art, culture and community programs play a significant role in creating a vibrant and engaged city," said Paul Mitcham, Commissioner, Community Services.

"The City supports communities and organizations that impact the public in meaningful ways - whether they are organizations that foster community development through learning opportunities, or creating a sense of cultural pride.

Eighteen groups have been recommended to receive Community grant funding, including eight as multi-year funding agreements and 10 as one-time grants.

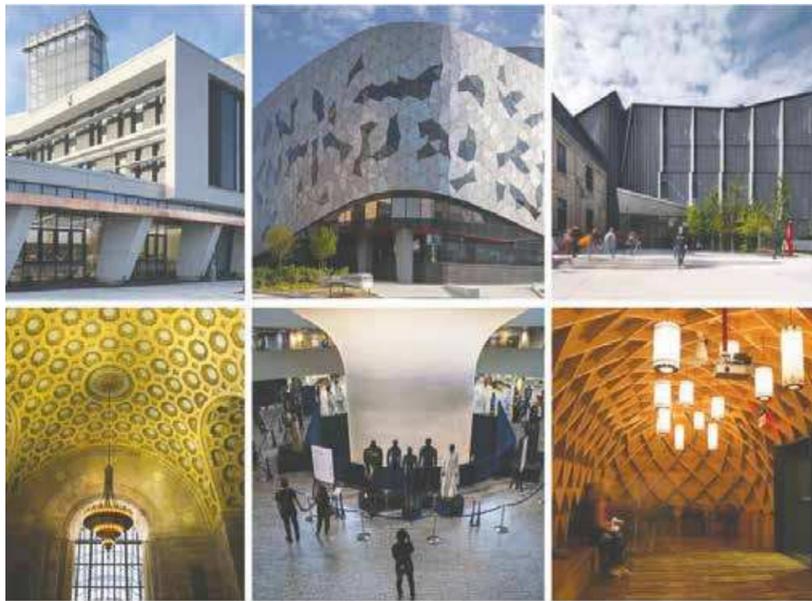
The City is funding these organizations to support the growth and development of neighbourhoods within communities that these organizations represent.

Funding will also be set aside for the Small Project Matching Grants which supports projects that reach vulnerable target groups such as seniors, youth and newcomers.

Funding for the arts and culture grant program supports emerging and established not-for-profit professional and community-based arts, culture and heritage organizations in Mississauga.

The grant supports the development of exemplary arts and culture programs and services that improve participation, knowledge, understanding and an appreciation of arts, culture and heritage for the citizens of Mississauga. A total of 35 organizations received funding as an established organization or a new and emerging organization. Funding was also approved to organizations based on specific projects. Six of these organizations are part of a multi-year funding agreement. There are also some one-time grants for special projects.

## Doors Open Toronto Will Go Back To The Future



The 20th annual Doors Open Toronto presented by Great Gulf returns on Saturday, May 25 and Sunday, May 26 to showcase some of the most architecturally, historically, culturally and socially significant buildings across the city.

This year's anniversary theme and programming will focus on "20 Something" and will celebrate the first 20 years of Doors Open Toronto while looking forward to the next 20 years.

A series of walking tours will highlight the social impact of the Queen Street East and Riverside neighbourhoods, as well as exploring the LGBTQ2S heritage of King Street and engineering advancements that occurred across Toronto.

Toronto's Indigenous past, present and future will be interwoven through the event locations with panels, films and special programming taking place throughout the weekend.

Toronto City Hall and Nathan Phillips Square will be a focus, with numerous displays and interactive opportunities scheduled. A panel discussion at The Bentway will gather established Toronto city-builders to speak of past and ongoing profile development projects and the future of city building in Toronto.

More details including a complete list of this year's buildings, walking tours, talks and programs will be available on May 1 at <http://www.toronto.ca/doorsopen>.

Doors Open Toronto is also currently recruiting volunteers.

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