

## Community Nutrition Information – 2006 Displays and Exhibitions

- ❖ Wellfest, April 28, 2006
- ❖ Caribbean Nutrition Day, June 1, 2006
- ❖ Grace Kennedy Health Fair, September 13, 2006
- ❖ UTECH Health Festival, November 9<sup>th</sup>, 2006
  - ❖ Health Festival, November 12, 2006
  - ❖ World Food Day, October 13, 2006

The library prepared several nutrition displays for 2006 including displays for health festivals held at the main public park in Kingston, Jamaica's capital city. The general public as well as various large groups from several schools throughout the country, attended these health festivals. Students and other patrons, showed good knowledge of healthy eating practices and asked very relevant questions.

CFNI publications highlighted in the display included:

### Charts:

- ✓ Traffic Lights (red, amber, green meal choices) Charts
- ✓ BMI chart
- ✓ Five Keys to Food Safety Charts
- ✓ Food group charts Favourite Jamaican fruits" (for the health of your body and mind)

### Pamphlets:

- ✓ Clinical nutrition – Diet Manual chapters
- ✓ Meal planning for diabetes
- ✓ Food composition tables supplement
- ✓ RDA
- ✓ Young child feeding in the Caribbean
- ✓ Many people have diabetes
- ✓ "Key to healthy living, May 1&2, 2002 and "Soy", May 1&2, 2005,
- ✓ CFNI brochure,

1. **Media.** Both RJR and Power 106 radio media requested interviews on booth contents and the activities, etc of CFNI. These interviews were broadcast live.

2. **Guest Register.** Some of the comments received from patrons, signing our guest register included:

- ❖ "it was a very colourful and informative display"
- ❖ "impressive"
- ❖ "very good display"
- ❖ "very interesting"
- ❖ "had important information"
- ❖ "excellent"