

## Mount Pearl -Frosty Festival, February 2012

At the beginning of this month, the town of Mount Pearl hosted their 30th annual Frosty Festival. The community winter carnival offers events for community members of all ages including visits to seniors' homes, hockey, dances, sliding, a variety show, a dinner theatre, snowmobile rides, community breakfasts and a comedy show.

On February 4, 2012, in partnership with Mount Pearl's True Sport program, *Eat Great and Participate* set up a booth to promote healthy eating at Frosty's 30<sup>th</sup> Birthday Party. The booth offered healthy eating activities for children and youth, prizes and *Eat Great and Participate* resources. Lesley Burgess, Regional Nutritionist with Eastern Health and Angela Ward, Dietetic Intern, were available to answer questions.

