



Volume 4...Issue 3



# Bladder Chatter

TRU student health & wellness newsletter

## ***Shhhh, the N word... Nutrition!***

Just reading the words nutrition or healthy can turn off anyone from what follows... In the hectic world of today often the quick and easy rules the world of dining. This issue is setting out to explore the quick and easy, with a little bit of healthy thrown in.

Healthy doesn't have to mean boring or granola... You don't have to be a hippy to appreciate a vegetable or fruit either.

We have the luxury of having fruits and vegetables available to us year round, they're available fresh or frozen, so why not include it in our diets? They're expensive some might argue...

Go and see if an apple or banana cost more than a small bag of chips. Doubt it, they shouldn't or you're shopping somewhere far too expensive. Healthy doesn't have to be expensive, just check out page 3 of this issue or some of the resources available online from the [Wellness Centre](#).



Try taking a look online at:

[The Brochure Rack link](#), from the U of A, as they have many health related topics

**This newsletter is sponsored and published by the TRU Wellness Centre. This issue was created by fourth year nursing students Michael Manarin and Nicole West.**

**Do you have any questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca) for more info.**



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## Lunch Time?



You're probably looking at this burger and drooling... Juicy, beefy, cheesy, bacony goodness! Mmmm, bacon!

Well, we all know how easy it is to run and grab one of these quadruple bypass burgers but what can we do around campus to eat a little better and maybe help out your heart along the way?

## Easy Alternatives

- Try a salad, Caesar salads don't really count, go with a green or garden salad with an oil-based or light dressing instead of fries the next time you eat out...
- If you're going to eat fast food, most restaurants have a healthy menu, try to explore the next time you're there... You might be surprised
- Make your lunch the night before, fill it with snacks too... This saves you time in the morning before classes and keeps your energy up all day long, plus it's cheaper than buying food on campus
- No time to make your own lunch... Try looking around the CAC at the Terrace café, Pita Pit or Heroes. You'll probably notice a change in the food available and the daily specials are usually a good place to start.
- There's also a bunch of wraps and soup available in OM just next to Timmy's
- Probably the easiest, definitely the cheapest, and extremely good for you: bring a water bottle, water's free from the many fountains around campus



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## Starving Student?

Not fact or fiction, the term “starving student” is far from an exaggeration, for many of us it’s a reality or nightmare that we face everyday. Balancing the ever increasing tuition and living expenses often results in students cutting healthy food choices out of their budget in favour of cheaper, lower cost options... Here are a few tips to stretch those dollars a little more until those income tax returns come in.

## Stretching the Food Dollar: Tips to Cut Food Costs

- Make a shopping list. Be sure to check what items you have on stock so you’re not tempted to buy extras that you don’t really need.
- Avoid shopping on an empty stomach. Hungry shoppers buy more than they need.
- Shop the bulk food bins. They are often less expensive than packaged foods and allow you to choose the amount you want.
- Weigh the cost and value of purchasing convenience foods. For example, you will save ten cents a glass by buying orange juice from concentrate and adding your own water instead of paying someone to add the water for you.
- Read coupons when you pick them up, they often have a fine print or are two for one, which just makes you spend more in the end.
- Store brands and generic products are often less expensive than brand name products, with comparable quality. For example, brand name macaroni & cheese costs twice as much as the generic product.
- Be wary of gimmicks. End-of-aisle displays are not always specials.
- Examine the bottom and top of shelves. High-priced items are often placed at eye level to sell.
- Compare prices by the unit to get the best bargain.
- Avoid buying at convenience stores. You’ll pay extra for the convenience. An apple at the grocery store may cost about half of what it would cost at a convenience store.

Source: [www.ualberta.ca/HealthInfo](http://www.ualberta.ca/HealthInfo), Eating Healthy on a Budget; <http://www.uofaweb.ualberta.ca/healthinfo/pdfs/budgeteating.pdf>

Many more tips available from sources at:  
[www.tru.ca/wellness/physical/nutrition.html](http://www.tru.ca/wellness/physical/nutrition.html)

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## November Wellness Events



### Men's Health Extravaganza

**Tues, Nov 20  
11:30am - 1:30pm  
Student Street**

**Drop by and learn more  
about men's health and enter  
to win PRIZES including:  
Blazers tickets &  
a Team Climb for 5 at  
Rope's End**



### Fit for Heart Info Day

**Wed, Nov 7  
10:30am - 1:30pm  
Student Street**

**Come and learn how you  
can get FREE access to local  
fitness classes just by  
raising money for the Heart  
and Stroke Foundation**

### Stress Busters Week #2

**November 26-30  
FREE SOS Stations  
FREE Reflexology  
FREE Exam Relax Sacks**

**Watch for more details  
coming throughout the  
month!**



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