

THE BUSY PARENTS GUIDE TO
Healthy, Happy Kids





Dr. David Williams

Message from the Medical Officer of Health

As a father of four, I know from experience that raising children is both challenging and incredibly rewarding. They have grown into young adults now, each with their own personalities and dreams. It was not easy though. There were many days that I questioned how I was doing at parenting.

It's common as a parent to wonder whether our children are eating enough healthy food. We sometimes worry that our kids aren't playing outside enough and struggle to get them off the screens and out the door. It gets even more complicated when we think about their self-esteem and how our words and actions are helping to shape it. What I know for sure is that we all want the best for our kids – now and even when they are adults.

Your children are in their formative years. They are developing habits that will last a lifetime. You play such an important role in influencing their choices and there are many small changes you can make that will have a big impact.

Child health is a priority at the Thunder Bay District Health Unit. We have dedicated staff and resources to help families, schools and communities build healthy places for children to live, learn and play. Together, we can start to turn the tide on the rising rates of “adult diseases” in childhood.

Please read through this resource booklet to learn about Health Unit initiatives in our schools and communities. It will also give you information and practical ideas on how you can help your kids eat well, be more active and feel good about themselves – all important ingredients for a healthy future.

Dr. David Williams

Medical Officer of Health

Everyday Things Matter the Most

You have the most influence over what your children eat, how they spend their time and what choices they make. This booklet has real-life ideas for you to get your kids growing up healthy and feeling good about themselves.

Start by filling in the **Healthy, Happy Kids Checklist** on page 16. See what your family is doing right and what you can do a little better.

Here are some tips for success:

START SMALL!

Make simple changes that you know your family can manage. Small improvements over time will add up to make a big difference.

PRACTICE WHAT YOU TEACH!

Your children will likely make healthy choices when you set a good example. They are persuaded more by what you do than what you say and will follow your lead. And, you'll be doing yourself good too!

YOU HAVE THE POWER!

As a parent, you have more control than you might believe. You **can** have dinner together. You **can** do the dishes later and go for a family walk. You **can** set limits on screen time. You **can** spend more quality time with your kids. You **can** push for healthy changes at school and in your community.

Once your family is tuned in to health, your kids will be on track to become healthy adults with a reduced risk of diseases like cancer, heart disease and type 2 diabetes. There are immediate benefits as well. Cooking, eating and playing together will build your relationship and create happy memories. For help along your journey to health, remember that the Health Unit is only a phone call or a click away!



SIGN UP FOR OUR HEALTHY, HAPPY KIDS E-BULLETIN

Each month, low-cost, seasonal recipes and tips will come to your inbox with great ideas to get your kids eating healthier, being more active and feeling good about themselves. Visit TBDHU.COM for details.



Nourished Kids

Hectic schedules can get in the way of your family's healthy eating. Too many kids are filling up on foods high in sugar, salt or fat, leaving little room for healthy basics like vegetables, fruit and milk. You can help your children improve their eating habits over time. Growing children need a routine of healthy meals and snacks every two – three hours to nourish their developing bodies and brains.

Well-Nourished Kids:

- Get the nutrients they need for normal growth and development.
- Have energy to be active throughout the day.
- Perform better at school.
- Have fewer behavioural and emotional problems.
- Get fewer cavities.

EVERYDAY THINGS YOU CAN DO

Start each day with a healthy breakfast.

Whether it's at the table or "grab-and-go" for later, breakfast will get your kids ready to learn and be active! Skippers often fill up on less healthy foods later in the day.

Eat together.

Families that eat together have stronger family ties and eat healthier.

Let them choose.

Pressuring your kids to eat certain foods will backfire on you. Instead, provide a balanced meal and let them decide what and how much to eat.

LEARN MORE

Contact the Health Unit or visit our website for:

- **Canada's Food Guide.** Learn how your family can choose food wisely.
- Resources on feeding kids, like:
 - **School Lunch Your Kids Will Munch** booklet.
 - **Blast Off With Breakfast** booklet.
 - **Snacking Smart For Kids** fact sheet.
- **School Meal And Snack Program** information.
- Easy-to-prepare and affordable **Healthy Recipes for Life.**
- **Get Fresh! In Thunder Bay** – guide to local food.
- Food action programs such as kids cooking programs, community kitchens and gardens, the Good Food Box, gleaning, food banks, and soup kitchens.

Do you have questions on healthy eating?

Ask a registered dietitian for free!

Call 1-877-510-510-2 or visit **EatRight Ontario** at: www.ontario.ca/eatright

PROGRAMS THAT MAKE A DIFFERENCE

The Health Unit supports families, schools, and organizations to encourage healthy eating for children.

We help schools through:

- School-wide breakfast and lunch challenges.
- Teacher training and resources that match the curriculum.
- **Nutrition Tools for Schools**, a healthy nutrition environment toolkit.
- Support for implementing food and nutrition policies.

We help communities through:

- Training, resources and consultation to assist community groups with hosting after-school **Adventures in Cooking** programs for kids aged 8 – 12 and school meal and snack programs.
- Informative displays at schools and health fairs throughout the District.

We support other organizations through partnerships such as:

- The **Healthy Eating Makes the Grade** project which aims to increase student access to healthy foods options in and around schools in Thunder Bay.
- The **Pizza Project** with food producers.



Karen & Tory Tremblay, Thunder Bay

DO WHAT YOU CAN

The bottom line is that you decide what, when and where food is offered to your kids. Start by making small changes from which everyone will benefit.

Pleasing Picky Eaters

- Offer small portions of new foods and try not to comment on how much your kids are eating.
- Serve one family meal, but always include at least one food your child will eat – even if it's just bread.
- Shop together and let your kids choose some vegetables or fruit. Check out the farmers' markets.

Money Matters

- Frozen and canned vegetables and fruit are a good buy when fresh is not in season.
- Buy smaller portions of meat and stock up on eggs, beans, lentils and nuts.
- Choose convenience foods carefully. It's often cheaper (and healthier) to make recipes from scratch.

Put Fun on the Menu

- Aim to eat meals or snacks together almost every day.
- Let kids help in the kitchen. They can wash veggies, grate cheese and pack lunches.
- Turn off the TV. Share what happened in everyone's day. Handle disagreements later.

Plan Ahead

- Cook double batches and freeze some for later.
- Fill up a slow cooker and come home to a ready meal.
- Stock up on prepared nutritious foods like pasta sauce for busy nights.

Satisfied, not Stuffed

- Forget about having to "clean your plate." Teach your kids to eat when they're hungry and stop when they're full.
- Allow kids to build up an appetite before meals.
- Enjoy small portions of dessert and avoid using sweet treats as rewards.

EATING BREAKFAST DROPS
DRAMATICALLY AFTER AGE
10 AND BY AGE 13 LESS
THAN HALF OF KIDS EAT
BREAKFAST REGULARLY.

Quench it Healthy

- Offer water most often. Serve milk, chocolate milk or soy beverage with meals.
- Provide pop and sweetened drinks only once in a while.
- Serve only 1/4 cup (125 mL) of pure fruit juice every day. Extend juice with water or offer juicy fruits instead.

Make a Healthy Breakfast #1

- Start the day off right with foods from three food groups like hot cereal with raisins and milk, or grab cheese, crackers and an apple to go.
- Include a fibre-rich cereal or bread with a little protein like peanut butter, an egg, milk or yogurt.

Snacks can Fill the Gaps

- Pair up two food groups for snacks like yogurt and fruit, or an oatmeal muffin and cheese.
- Stock up on fresh fruits, veggies, nuts, low-fat cheese, and whole grain crackers or muffins.
- Offer snacks like candy, chips, granola bars, or ice cream only occasionally.

Eat Smart on the Run

- Split or downsize meals, share desserts or take half home.
- Order a medium pizza instead of a large. Everyone gets the same number of slices, they're just smaller.
- Round out fast food meals with milk, veggies or fruit.



“We’ve provided cooking classes to hundreds of kids in the Nipigon area over the past few years. They had fun working together to cut, wash, cook, and plate the food. They came away with new kitchen skills, people skills, nutrition and food safety knowledge.”

Marcia Mabelson, Public Health Nurse, Nipigon



Active Kids

There's no doubt about it – today's families are busy! But, busy doesn't always mean active. With all we have to do to run a household, getting exercise is often neglected.

Canadian Physical Activity Guidelines for Children and Youth state that every day kids need 60 minutes of moderate to vigorous intensity activity (like brisk walking, bike riding and running). Vigorous activities strengthen muscles and bones and should be completed at least three times a week. Most Canadian kids are not meeting these guidelines. Instead of running around outside, too many are spending their free time in front of televisions, computers and video games.

Active Kids:

- Have strong bones and muscles, good flexibility, a stronger heart and improved self-esteem.
- Are more likely to maintain a healthy body weight if they watch TV less than two hours a day.
- Have improved concentration, lower stress and a better attitude towards school.

EVERYDAY THINGS YOU CAN DO

Don't wait to find the time. Make it!

Set limits on screen time to less than two hours a day, so you have more time to play and do other things together. Children under age two should not have any screen time.

Remember, your kids are watching!

Be an active role model and teach your kids that moving their body is important.

Break 60 minutes down into smaller chunks!

Get moving for just 10 minutes, but do it a few times each day. It all adds up!

LEARN MORE

Contact the Health Unit or visit our website for:

- Information on borrowing the “Let’s Play” Activity Trunk. It’s full of active games and craft ideas for children aged 4-14 and great for parties or just a fun afternoon.
- Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines for Children and Youth, (5-11 years and 12-17 years).
- The Daily Physical Activity calendar offering fun, easy and seasonal family activity ideas.
- ParticipACTION’s After School Activity Guide and Tracker for a fun way for your kids to keep track of their physical activity and for you to see how often they are getting the recommended 60 minutes of exercise per day.

ON AVERAGE, CANADIAN CHILDREN SPEND 35 HOURS A WEEK IN FRONT OF TV AND COMPUTER SCREENS. THAT’S LIKE A FULL-TIME JOB!

PROGRAMS THAT MAKE A DIFFERENCE

The Health Unit is working with families, schools and the community to get kids more active.

- **Active And Safe Routes to School** is a worldwide movement to get kids active at least twice a day when travelling to and from school.
- **School Travel Planning**, a collaborative project to ensure that children have safe routes to walk or bike to and from school.
- **Walking School Bus**, involving two or more families walking together as a safe and fun way to encourage active transportation and reduce the risks that come with traffic congestion around schools.
- **Winter Walk Day**, encouraging families to embrace winter by walking to and from school. It’s a great school-wide activity to raise awareness of the importance of daily physical activity.
- **Classroom Pedometer kits** provide Kindergarten to Grade 8 teachers with everything they need to challenge their students to make every step count.
- Our **Playground Stencil kit** keeps kids hoppin’ with paint and stencils for painting permanent hopscotch and four-square games on outdoor surfaces. Anyone may borrow the kit by contacting the Health Unit.
- **The Big Boreal Adventure** is an interactive nature-based project to help get families outside and exploring our great city. Visit bigborealadventure.com for more information.



DO WHAT YOU CAN

Take a walk or pick up a ball. It's easy! Kids love to play with their parents!

Do What I Do

- Play active games together outside.
- Swim with your kids, don't just watch.
- Do chores together like raking leaves, shoveling or housecleaning.

Play, Play, Play

- Allow free time for play and skill development. Being active doesn't have to mean organized sports.
- Provide balls, skipping ropes and sidewalk chalk.
- Fill a jar with active ideas. Each weekend, pull out a new activity to try.

Celebrate the Snow

- Bundle up and get out there! Build a snowman, make a snow fort, go skating or tobogganing.
- Go for a walk in the mall or find an indoor walking program.
- Dance in the living room on those really cold Northwestern Ontario winter days!

Unplug your Kids

- Stretch, run on the spot or do jumping jacks during commercials so kids sit less and move more.
- Keep TVs and computers out of bedrooms.
- Help your kids pick their favourite shows and make sure they turn the TV off after viewing.

Be your Kids' Biggest Fan

- Help them choose activities that match their interests and abilities.
- Help them develop a variety of skills like skipping, climbing, kicking and throwing. Build their confidence by praising their effort.
- Help them focus on fun, friends and being a good sport instead of winning.

\$5.3 BILLION: THE HEALTH CARE COST TO CANADIANS IN 2001 DUE TO ILLNESS, INJURIES AND DISEASES ASSOCIATED WITH PHYSICAL INACTIVITY.



Concerned about Safety?

Teach your children about strangers, road safety and ways they can protect themselves. Then, set safe boundaries where both you and your kids feel comfortable. As hard as it might be, it's important to gradually increase your kids' independence so they can explore and learn to deal with risks themselves.

Be a Media-wise Family

Need another reason to turn off the TV? Most food ads your kids see are for nutritional weaklings like pop, chips, candy and fast food. Children have a hard time understanding the convincing nature of advertising and can be easily persuaded that they "must have" those new candy-coated sugar bombs. Avoid giving in to their pressure to buy junk food. Instead, help your kids be more media savvy. When you see food and drink ads talk to your kids about how that ad made them feel and what motives the advertiser might have.

"My kids had a great time 'adventuring' this spring and summer while we looked for the posts around the city. It has been a fantastic way for us to see new places and hang out together." Parent participating in the Big Boreal Adventure

KIDS WHO HAVE A TV IN THEIR BEDROOM TEND TO SPEND ALMOST 1½ MORE HOURS IN A TYPICAL DAY WATCHING TV THAN THEIR PEERS WITHOUT ONE IN THEIR ROOM.



Happy Kids

Many of us remember our childhood days as being carefree. We forget that being a kid means dealing with uncertainty, learning new things and wanting to “fit in.” As parents, it’s exciting to watch our kids be more independent, but it’s also scary as we start to worry about things like bullying, self-esteem and body image.

While we can’t expect that our kids will never feel sadness or distress, we can help them learn how to deal with life’s challenges. What we’re talking about here is “resiliency” – which is the ability to cope with stress and even benefit from the experience. Resiliency develops as children grow and handle different situations.

Resilient Kids:

- Are more likely to have positive attitudes, do well in school, take care of their body, have a health body image, value diversity and show leadership skills.
- Are less likely to have violent behaviours, have problems with alcohol or drugs and engage in risky sexual activity.
- Are better able to deal with stress, frustration, anger and peer pressure.

EVERYDAY THINGS YOU CAN DO

Understand that it’s the small moments that matter.

Little bits of quality time add up to build a relationship where each child feels accepted for who they are.

Talk openly. Talk often.

Your children will feel safe to come to you for advice. They will also feel protected and empowered.

PARENTING STYLE DIRECTLY AFFECTS CHILDREN’S SELF-ESTEEM. CAREGIVERS WHO SET REASONABLE EXPECTATIONS AND ARE WARM AND AFFECTIONATE ARE MORE LIKELY TO HAVE HAPPY AND CONFIDENT CHILDREN.

LEARN MORE

About Bullying

A common concern among parents and schools alike is bullying. Talking about bullying will help your child understand which behaviours are acceptable and which are not.

These resources can assist you:

- **Bullying No More: Stopping The Abuse**
- **How I Learned Not To Be Bullied**
- **What's Respect?**

About Healthy Bodies

Parents often worry about their children's weight or struggles with food. Our resources can help your children be less focused on appearance and develop a healthy relationship with food. Check out:

- **Full Mouse, Empty Mouse** kit
- **Shapesville** by Erica Neitz
- **How to Get Your Kid to Eat... but Not Too Much** by Ellyn Satter
- **Are You Seeing Clearly?** fact sheet

About Positive Parenting

The **Triple P Positive Parenting Program** follows a helpful, positive approach to raising children. It is for every parent, whether you have a specific problem or just need advice on common, everyday parenting issues. Triple P offers a variety of ways of helping. Visit triplep.net for more information.

PROGRAMS THAT MAKE A DIFFERENCE

The Health Unit offers several programs that build the skills kids need to be more resilient. These are just a few:

- **The NicoTeen Workshop** educates students in Grades 6-8 about the dangers of using tobacco, and gives them the confidence and skills they need to coordinate their own workshop for younger peers.
- **Active Playgrounds** trains older students to lead active games for younger students with an emphasis on participation and fun, not competition. The program fosters leadership, conflict resolution and self-confidence.

- Comprehensive School Health programs include parents, school staff, partners, and student representatives to help make real changes towards improving the health of their school. **Nutrition Tools for Schools** and **Healthy Schools Clubs** are examples.
- Helping children feel good in their own body is promoted to parents, teachers and community leaders. **The Dressing Room Project**, offered with St. Joseph's Care Group-

Regional Eating Disorders Program, encourages grade 7-8 girls to think critically about media messages and help other girls appreciate their unique bodies. For more information about this initiative created by Emerging Women Projects, visit TheDressingRoomProject.org



Connie & Alexa Desjardins, Nipigon

Connect One-On-One

- Play games, read stories or do hobbies together.
- Go for a bike ride after dinner.
- Relax together. Kids need “down time.” Avoid scheduling every minute of their day.

Provide a Safe and Nurturing Home where your Children feel Loved, Trusted and Valued.

- Give lots of hugs and cuddles.
- Catch each child doing something good and praise them honestly for their efforts.
- Set fair rules and enforce them consistently.

Really Listen to What your Children have to Say

- Stop what you’re doing, get down to their level, and respond so they know you are listening.
- Start a conversation by asking, “what was the best part of your day?”
- Help them to identify their feelings and encourage them to trust themselves to make the right decisions.

DO WHAT YOU CAN

Just as you want to be respected, listened to and appreciated, your kids want the same. You **can** take a few minutes every day to show your kids just how special they are.

Include your Kids in Everyday Activities and Decisions

- Give them simple jobs like clearing the table or making their beds.
- Give them healthy options and let them decide. This shows that their opinion is important.
- Help them find meaningful and appropriate ways to volunteer in their community.

Help your Children Accept and Value their Bodies

- Teach them that healthy bodies come in different shapes, sizes and colours. Don’t tolerate teasing of any kind.
- Focus on your children’s abilities rather than their appearance.
- Be careful about what you say about your own body and about other people.

SLEEP MATTERS

We all know what it's like to wake up still tired. Kids know that feeling too. Making sure your kids get about ten hours of sleep each night will go a long way in keeping both their bodies and minds healthy.

Kids Who Get a Good Night Sleep:

- Can think more clearly and do better in school.
- Are better able to handle stress and have more positive relationships.
- Have energy to be active and can better maintain a healthy body weight.
- Are better able to fight off colds.

EVERYDAY THINGS YOU CAN DO

Stick to a routine that helps kids relax.

Read books together and get them tucked in at the same time each night. Avoid giving in to stall tactics – like calls for “just one more show.”

Keep bedrooms for sleeping.

TVs and computers are best kept out of bedrooms. Except for something to snuggle with, try not to allow toys in bed.

Lighten bedtime snacks.

Avoid big meals right before bed and foods like chocolate and pop that contain caffeine.



APPEARANCE IS THE MOST COMMON REASON FOR CHILDHOOD TEASING.

“Beauty is from the inside out. Help your child build strength and confidence in their own uniqueness. Physical appearance does not define success and happiness.”

Karen Degagne, Regional Outreach Eating Disorder Program, St. Joseph's Care Group



- The Food Action Network connects the Health Unit to food producers, farmers, emergency food providers and social services. Our common voice advocates for poverty reduction, promotes local food and supports food action programs.
- **Healthy Communities – Thunder Bay District** builds partnerships between agencies to build communities where health and well-being is achievable for all. Its initiatives focus on walkable neighbourhoods, access to recreation and healthy food, and resilient youth.
- With mutual interest in the health of our children, we work collaboratively with all schools to reinforce health messages taught in the curriculum. The Health Unit and local school boards have developed a strong relationship over the years. Through ongoing communication, combined focus on health priorities, and policy initiatives common ground has been created between schools and public health. We celebrate how our joint efforts are reaching the entire school community.

Our Community Partners

Healthy habits are built at home, but kids need support to eat healthy, be active and feel good about themselves. It takes the commitment of the broad community to find innovative and lasting solutions to improve our kids' health. We applaud our many partners who make children's well-being a priority. We look forward to working together, building on our successes and continuing to invest in a healthy future for our children.

Key Partnerships and Activities:

- The **Active Transportation Committee** brings together Health Unit staff, city planners, engineers, traffic professionals and community members to work towards making Thunder Bay more bicycle, pedestrian and transit friendly. The less we rely on our own vehicles, the more active we are and the more we all enjoy a cleaner, greener community. With safety in mind, bike rodeos are organized for kids and Can-Bike courses are offered to adults. Everyone is encouraged to share the road safely.



DO WHAT YOU CAN

We know parents feel their children deserve a healthy future. If you see something that could improve kids' health, stand up for what you believe in and make change happen. You have the power to make things better.

In your Neighbourhood:

- Join a community garden.
- Volunteer to take kids to a local park.
- Be part of a walking school bus program.

At the School:

- Talk to staff and school council about serving healthy foods for hot lunch days, fundraisers and celebrations.
- Talk to teachers about not taking away recess or physical education to discipline students.
- Suggest active fundraisers, like a dance-a-thon, and use the money for active programs or equipment.

In your Community:

- Push for more sidewalks and paths for walking or biking.
- Share your ideas with community leaders on how to create a healthier place to live.
- Thank decision-makers for positive action.

Healthy, Happy Kids Checklist

Take a good, honest look at your family's habits. Congratulate yourself for each "yes" answer to these statements. For each "no," think about what small changes can improve your family's lifestyle, one area at a time. You have what it takes to help your kids be healthy and happy.

NOURISHED KIDS

- We each begin our day with a nutritious breakfast.
- Each meal is made up of three to four food groups from Canada's Food Guide.
- We all try to eat at least five servings of vegetables and fruit each day.
- As often as possible, we choose whole grain products, instead of white pastas, rice and bread.
- We eat together almost every day.
- We have pop and other sweetened drinks only once in a while.

ACTIVE KIDS

- We are active together as a family every day.
- My children get at least 60 minutes of physical activity each day.
- My children play outside most days of the week.
- My children's screen time is limited to two hours per day.
- My children do not have televisions in their bedrooms.
- I support my children to be physically active and encourage them to try new things.

HAPPY KIDS

- I help my children deal with stress, anger and frustration by calmly "talking it out."
- I take the time to talk to my children about their day.
- I ask my children's opinion when making decisions.
- I delegate simple tasks to develop my children's sense of responsibility.
- I set fair rules and stick to them, knowing it's okay to say "no" sometimes.
- My children get about 10 hours of sleep each night.

A Letter to my Child

Dear _____,

When I look at you I feel _____.

I hope that you grow up to be _____

_____. I want you to experience

_____ and to always _____.

I know that you will learn to _____

_____ and will also _____

_____.

My greatest hope for you is that _____

_____.

I also want you to _____

_____ and to be _____

_____.

Love, _____

Adapted with permission from The Best Initiative/The Medical Foundation

Hidden Message Family Word Search

P	E	D	V	E	R	W	Y	Y	J	D	T	T
A	A	Y	E	T	G	T	A	U	A	R	H	S
F	I	R	N	H	A	N	M	T	A	L	V	A
G	O	S	T	S	S	P	I	E	E	E	P	F
R	T	O	T	I	I	I	H	K	G	R	R	K
A	O	Y	D	N	C	Y	R	E	L	G	A	A
C	G	L	G	G	H	I	T	U	N	A	C	E
T	E	I	E	T	R	A	P	I	O	J	T	R
I	T	M	L	M	B	O	K	A	U	N	I	B
V	H	A	O	L	O	O	U	I	T	M	C	K
E	E	F	E	V	O	D	C	P	A	E	E	L
H	R	S	T	C	E	Y	E	T	S	E	R	A
C	R	U	N	C	H	Y	S	L	E	E	P	W

ACTIVE	FOOD GROUPS	NOURISHED	SLEEP	WALK
BREAKFAST	HEALTHY HEART	PARTICIPATE	TALKING	WATER
COOKING	JUICY	PLAY	TASTY	
CRUNCHY	JUMPING	PRACTICE	TOGETHER	
FAMILY	MOVE	ROLE MODEL	VEGETABLES	

HIDDEN MESSAGE: _____

Thunder Bay

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Thunder Bay, ON
P7B 6E7
625-5900
1-888-294-6630

Geraldton

P.O. Box 1360
510 Hogarth
Avenue West
Geraldton, ON
P0T 1M0
854-0454

Manitouwadge

P.O. Box 385
Manitouwadge
Health Care Centre
1 Health Care Cre.
Manitouwadge, ON
P0T 2C0
826-4061

Marathon

P.O. Box 384
Marathon
Library Building
24 Peninsula Rd.
Marathon, ON
P0T 2E0
229-1820

Nipigon

P.O. Box 15
Nipigon District
Memorial Hospital
125 Hogan Rd.
Nipigon, ON
P0T 2J0
887-3031

Terrace Bay

McCausland
Hospital
20B Cartier Rd.
Terrace Bay, ON
P0T 2W0
825-7770

