

# Stand Easy

Stand Easy is a monthly publication produced by DGPFS for CF members everywhere.

Comments? Email: [StandEasy@cfpsa.com](mailto:StandEasy@cfpsa.com)

[www.cfpsa.com/StandEasy](http://www.cfpsa.com/StandEasy)

## Top 5 tips for easy and fun family meals

1. Involve children in meal preparation and in decisions about foods offered for dinner.
2. Make shared family meals a priority.
3. Be a good role model by eating healthy foods and using proper table manners.
4. Try to eliminate distractions, like TV, telephone calls and toys during mealtime.
5. Remember that it is never too late to start a family dinner routine. Just find an appropriate time that works best for your family.

## KID'S CORNER!

In your home we can find...

Unscramble each of the clue words. Take the letters that appear in the boxes and unscramble them to discover the final message.

H E R O B R T

□ □ □ □ □ □ □ □

T I S R E S

□ ○ □ □ □ □ □

T A P E N S R

□ ○ □ □ □ □ □ □

K I T N E T

□ □ □ □ □ □ □

R D N A G - H E R M O T

□ □ □ □ □ □ - □ ○ □ □ □ □ □ □

C E N L U

□ □ □ □ ○ □ □

V E L O

□ □ □ □ □

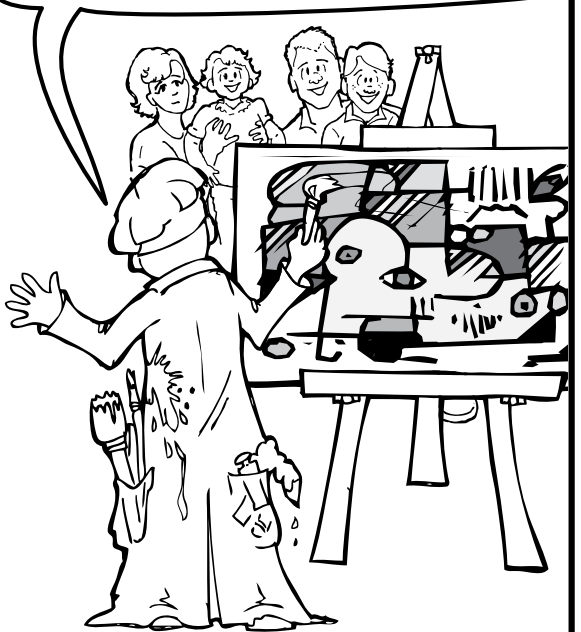


F □ □ □ □ □ Y

Solution (anglais) : famille

Please recycle this copy.

## Mommy, could you smile please?



CANEX

Do Not Pay until

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Plus

**NO MONEY DOWN**

**NOT EVEN THE TAXES!**

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BMO



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[www.sisip.com](http://www.sisip.com)  
**1-800-267-6681**

## Did you know?

- The Family Information line offers confidential and personal assistance to all CF families at 1-800-866-4546.
- There are 32 Military Family Resource Centers (MFRC) across Canada, and 13 others in Europe and the USA.
- You can find out where your closest MFRC is located, by visiting [www.familyforce.ca](http://www.familyforce.ca).
- Your local MFRC can help you get the most out of your community by providing you with information to help you find the services you need.
- Your local MFRC provides social and educational activities for children and teens.
- Your local MFRC offers child care support and resources for your family while you are deployed or away for extended periods.
- You can find many personal and family care resources, including care for children, teens, seniors and yourself, just by checking out the "Take Care" area of [www.familyforce.ca](http://www.familyforce.ca).