

CCPN SODIUM REDUCTION CAMPAIGN

NEWSPAPER ADS
2009

m^cmillan

613-789-1234

thinkmcmillan.com

Eating canned peas with supper?

Give your head
a shake.

And give them a rinse first.



Cutting sodium:
it's pretty easy when you think about it.

Champlain Cardiovascular Disease Prevention Network
giveyourheadashake.ca

Considering a pre-packaged
rice mix from a box?

Give your head
a shake.

And make your own rice dish
by adding vegetables and herbs.



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