



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

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News from ASEQ-EHAQ

Happy New Year 2021

Although last year has been so hard for everyone, it has also had its teachable moments. Many of us came together to help each other and we realized that we are not apart from our environment – but that we are very much a part of it. We are the sum of what we eat, drink put on our skin and breathe; and of course, we are much more than that, but one important takeaway has been that our product choices and habits can make a big difference to our health, and that of our planet.

It was with this in mind that the [Eco Living Guide](#) was created and we will keep building on it. We invite you to visit the [Eco Living Guide](#) and to share it with friends and family. In particular, don't miss the new sections: '[Zero plastic, zero waste](#)', and '[Successful transition to a healthy environment](#)'. If you have suggestions for addition to the Guide, don't hesitate to contact us.

Are you part of our [Facebook](#), [Twitter](#) or [Instagram](#)? Its not too late to join and 'like' us. We post our events, the latest information on health and the environment and new creations on our website. Do you have an article you would like us to post? We would be happy to do this for you.



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Regarding our [MCS/COVID-19 project](#), we are pleased to inform you that we have sent in our documents for research ethics approval. So, watch out for news to fill out the survey for research. We would like to have participation from across Canada.

In this newsletter we bring you the importance of having a healthy kitchen, why we should be watchful to avoid the additives in the food we consume, the benefits of integrating natural light into our lives, safer ways to wax your skis and finally some soul-warming recipes to give you a good start in the New Year.

We hope that you enjoy this Newsletter and that you share it with friends and family.

We take this opportunity to wish you and your families the very best for 2021!

Peace, joy, good health!

Happy New Year 2021

Rohini Peris, President

Michel Gaudet, Executive Director