YOU Can DO IT

STRENGTHENING THE ENERGISER LES FORCES

HEALTHY BITS

Health Promotion
8 Wing CFB Trenton

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
177 HERCULES AVENUE, BUILDING 119, ASTRA, ONTARIO K0K 3W0

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613-392-2811 EXT. 3768 | HEALTH PROMOTION TRENTON@FORCES.GC.CA

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Addictions Awareness Month

Addictions Awareness Month is an opportunity to reflect on how our habits and behaviours impact our overall well-being.

Over the past several years, substance use patterns have evolved, and many of us have experienced changes in how we cope with stress, connect with others, or spend our spare time. Whether it's alcohol, nicotine (including cigarettes and vaping products), cannabis, caffeine, gaming, gambling, or other behaviors, this month encourages us to take a moment to consider our relationship with substances and activities that may affect our health.

Addictions Awareness Month is also a reminder that support is available at every stage, from prevention and education to treatment, recovery, and harm reduction. Health Promotion offers a range of courses, workshops, briefings, and initiatives designed to help CAF community make informed choices and build healthy, sustainable habits.

This November, let's continue the conversation, support one another, and take positive steps toward healthier lifestyles. Small changes can make a meaningful difference in our health, readiness, and overall well-being.

SELF-CARE IS EMPOWERMENT

UPCOMING HP PROGRAMMING

Prevent & Respond to Sexual Misconduct
(PRSM)
(Formerly known as RitCAF)
3 November

Holiday Hosting
Lunch & Learn!
1130 - 1230
Friday 6 November

Stress Take Charge
STC
17 November

Mental Fitness Suicide Awareness
MFSA
19 & 20 November

Alcohol Other Drugs Gaming and Gambling
AODGGA
26 & 27 November

Register Now



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Healthy Eats!



Carb Free Stuffed Peppers

source wholesomeyum.com

Ingredients

1 tbsp Olive oil
4 cloves Garlic (minced)
1 1/2 lb Ground beef
6 large Bell peppers
2 cups Marinara sauce
1 tbsp Italian seasoning
1 cup Whole milk ricotta cheese
1 cup Mozzarella cheese (shredded)
3/4 tsp Sea salt (to taste)
1/4 tsp Black pepper (to taste)

Instructions

To prepare the meat sauce, heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook for about 30 seconds, until fragrant.

Add the ground beef and stir right away so the garlic doesn't burn. Cook for about 10 minutes, breaking apart the meat with a spoon or spatula, until browned.

Stir in marinara sauce and Italian seasoning. Add sea salt and black pepper to taste. Reduce heat to a gentle simmer. Simmer for 5-8 minutes.

Meanwhile, preheat the oven to 375 degrees F (191 degrees C).

To prepare the peppers, chop off the tops and scoop out the seeds and ribs inside. Slice a tiny layer off the bottoms (without making a hole if possible) so that the peppers are stable standing upright.

Place into a medium to large baking dish

To assemble, stuff the peppers with 1/4 cup of meat sauce, 2 tbsp of ricotta cheese, and 2 tbsp shredded mozzarella cheese. Repeat with the same amounts again, until the peppers are filled to the top, with mozzarella being the top layer.

Tent aluminum foil over the baking dish, making sure the foil is not touching the cheese. Bake stuffed peppers for 30 minutes.

Remove the foil and bake 10 more minutes, until cheese is melted and browned. (If you want extra browning, you can place under the broiler for 1-2 minutes at the end.)

Did you know?

Addiction can involve substances and behaviours.

Alcohol is one of the most used substances associated with addiction and health harms in Canada.

Nicotine (including cigarettes and vaping products) is highly addictive and can lead to dependence.

Cannabis can be habit-forming for some people, especially with frequent use.

Gaming can become problematic when it begins to interfere with relationships, school, work, finances, self-care, or other parts of daily life.

Gambling can affect finances, relationships, mental health, and overall well-being.

5 signs someone you love may have an addiction

They become more secretive or withdrawn. They may isolate themselves from friends and family or hide their activities.

You notice major changes in their mood or personality. This can include increased anger, anxiety, sadness, or frequent arguments with loved ones.

They lose interest in activities they once enjoyed. Hobbies, social events, and other meaningful activities may no longer seem important.

Their responsibilities start to suffer. They may miss work or school, struggle with productivity, or have difficulty managing daily life.

They continue using despite negative consequences. You may notice strained relationships, financial problems, declining health, or other harms related to substance use.

