

Zinc & Health Quarterly Newsletter

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Send One, Save One Campaign Launches for We Day 2013

Zinc & Health has once again teamed up with Free The Children in support of We Day events across Canada to raise awareness about the devastating effects of zinc deficiency and diarrhea.

In September, we launched a “Send One, Save One” e-postcard campaign, which invites participants to visit www.zincsavestives.com and send a personalized e-postcard anywhere in the world to help raise awareness about zinc and health.

For every e-postcard sent, Teck will donate 50 cents (up to a prescribed cap) to UNICEF. Fifty cents is enough to provide zinc tablets and oral rehydration salts for the treatment of acute diarrhea, which can help save a child's life.

Each day, the website displays the total number of zinc treatments donated and where the e-postcards are delivered around the world.

At the time of publication, 2,360 zinc treatments have been donated and e-postcards have been sent to 80 countries around the world.

Join the campaign today by sending an e-postcard at www.zincsavestives.com and sharing the link with your family and friends. Together, we can make a real difference in a child's life.

Thank You!

Thank you to everyone who participated in our We Day 2012–2013 One Tweet, One Life Twitter campaign. For every retweet of our We Day message, Teck donated \$0.50 — the cost of a life-saving zinc treatment — to Zinc Saves Kids in support of UNICEF zinc projects in Nepal and Peru.

Below are some of the highlights of our last campaign:

22,640

Zinc treatments provided to children in Nepal and Peru

5,122,592

Twitter users reached by our campaign message

62,200

Attendees at We Day events across Canada

80%

Percentage of We Day attendees who talked to their families about issues discussed at We Day

What is We Day?

We Day is Free The Children's annual youth empowerment event that motivates young people to take action on local and global issues. For more information about We Day, please visit www.weday.com

Teck Employees Join We Day Events Across Canada

It is difficult to explain the magnitude of We Day unless you have witnessed it. Imagine over 16,000 students and volunteers packed into the Air Canada Centre, all celebrating the power of making a difference. The inspiration was overwhelming, and its success in motivating the young attendees was immeasurable.

This year, Teck's Toronto office brought together employees and their children to volunteer and help raise awareness about Teck's Send One, Save One campaign at We Day. I was glad to be part of the Teck team empowering our youth to raise awareness about zinc deficiency.

We were lucky enough to have a group of student volunteers help us spread the word about the campaign. The students were fantastic ambassadors for Zinc Saves Lives — not just helping the guests send e-postcards but also working the iPads — they were very tech savvy!

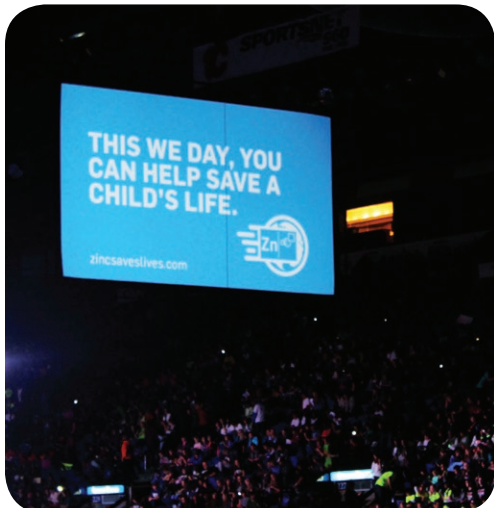
Submitted by Christine Feutl, Supervisor, Toronto



Denise Maigret, Cong Chen, Jerry Gao, Kayla Mills and Estela Frias from Teck's Calgary office promote the campaign at We Day Alberta



Candace Harkness, Communications Coordinator, and Rob Scott, Senior Vice President, Zinc, meet students at We Day Vancouver



Send One, Save One on the big screen at We Day Toronto



Christine Feutl, Supervisor, meets Free The Children co-founder Marc Kielburger at We Day Toronto

On October 24, I had the opportunity to volunteer at We Day Alberta to raise awareness about Teck's 'Send One, Save One' campaign. The atmosphere at We Day was unlike anything that I have ever experienced — 17,000 youth packed into the Saddledome. It was louder than any concert and contained more enthusiasm than if the Flames made it to the playoffs.

We Day was a day that I will never forget. No one can purchase a ticket to We Day — you need to be invited based on your actions. The engagement and dedication of the youth that attended and the powerful messages from the speakers was remarkable. We met so many young people who were excited about our campaign and wanted to make a real difference in a child's life. Thank you to everyone who has supported the 'Send One, Save One' campaign!

Submitted by Kayla Mills, Human Resources Advisor, Greenhills Operations

BASF and Teck Develop Zinc Solution to Benefit 35 Million People

Partners BASF and Teck have developed a solution that will provide some 35 million people at risk of zinc deficiency with access to affordable zinc-fortified staple foods and supplements in 2014. This initial availability marks an important milestone for the three-year partnership, which is expected to provide access to zinc-fortified staple foods and supplements to nearly 100 million people.

The high-quality zinc, supplied by Teck, has been provided to BASF, which has applied its food fortification expertise and used its global network to deliver zinc to those most in need. The zinc products will be delivered to beneficiaries in developing countries through flour and rice premixes, as well as supplements.

In addition to the zinc-fortified products, a mobile test kit, iCheck ZINC, has been developed to provide quick, reliable and economic measures of zinc levels in real-time. The kit is used by various stakeholders to ensure a product is fortified to the level it claims.



Bentall Eco-Fair Comes to Town

This August, the Bentall building, home to Teck's Vancouver office, featured an Eco-Fair for tenants to showcase sustainability initiatives and services. The purpose of the Eco-Fair was to actively engage tenants and the public, and encourage them to adopt more sustainable and environmentally responsible business habits and behaviours.

Teck's Zinc & Health booth educated visitors about the devastating effects of zinc deficiency around the world and the importance of zinc for human health.

Jacqueline Go, Sustainability Programs Coordinator, pictured right, and summer student Melanie Belanger-Finn, pictured left, met with fellow Bentall tenants and fair visitors to provide information and answer questions about Teck's Zinc & Health initiative. The Eco-Fair provided the opportunity to reinforce our commitment to sustainable practices and our goal of reducing incidences of zinc deficiency around the world.



Zinc & Health at the Calgary Stampede

Teck Coal raised awareness about Zinc & Health at the 2013 Calgary Stampede. Teck's annual Stampede Breakfast was an excellent platform to educate others about the benefits of zinc and our Zinc & Health partnerships and programs.

Teck Coal raised a total of \$1,295 from the 50/50 draw, with proceeds benefiting the Red Cross Flood Relief to help those devastated by the floods in Calgary and southern Alberta.

Thank you to everyone who made a contribution!

Contributed by Estela Frias, Controller, Teck Calgary



My Trip To Haiti

This June, I went on a mission trip to Haiti, and it gave me a new perspective. Haiti has seen political and economic instability for most of its 200-year history. Haitian children are fighting every day to survive, most often against conditions that are easily preventable, like infection or diarrhea. In Haiti, 1 in 9 children die before their fifth birthday and 1 in 200 mothers die during childbirth.

Poverty in Haiti is extreme, and it makes you realize how much we take for granted. Many people do not have shoes, so they walk barefoot along streets filled with debris and garbage. Food is scarce and so are jobs. Running water is not always available, and what is available is not always clean. We were told not to use water for anything—even brushing our teeth—unless it was bottled.

We visited a few of the many orphanages, where the children seemed happy and excited to see us. Many were orphaned because their parents could no longer afford to take care of them. Some were disabled and suffering from malnutrition.

We were able to provide a few basic necessities like shoes (flip flops), hygiene items, clothing and minor medical supplies. We also distributed guides in Creole on how to prevent diarrhea, provided by Teck through our Zinc & Health program.

What impressed me most in Haiti was the warmth of the people. They were so welcoming and never complained about anything. They were grateful for their family and the things that they had. The people of Haiti taught me to be more appreciative of the important things in life.

Submitted by: David Egerton, Geologist, Pend Oreille Mine

Zinc-Rich Recipes

Apple Cinnamon Butternut Squash Soup

High dietary intake of zinc and beta-carotene, both found in butternut squash, has been associated with healthy immune function and blood sugar regulation.

- 8 cups butternut squash, peeled, seeded and cubed
- 1 large apple, peeled, chopped
- 1 large onion, cut into 1-inch pieces
- 2 tablespoons packed brown sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{8}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon pepper
- 3 cups of chicken broth
- $\frac{3}{4}$ cup milk
- 1 container (6 oz.) Greek fat free plain yogurt
- 2 tablespoons chopped fresh chives

1. In a large pot, mix squash, apple, onion, brown sugar, salt, cinnamon and pepper. Add broth. Cover, heat to boiling over medium-high heat. Reduce heat; simmer about 20 minutes or until squash is tender.
2. In a blender, place one-third of mixture. Cover; blend until smooth. Repeat twice to use up remaining soup.
3. Return to pot, stir in milk and yogurt. Heat over low heat, stirring occasionally, just until heated through.
4. Serve in bowls and sprinkle with chives.



Terrific Turkey Stew

Turkey, particularly dark meat, is an excellent source of zinc. Try this 30-minute recipe on a cold winter night for a simple and hearty meal.

- 1 tablespoon vegetable oil
- 3 celery stalks, cut into 1/2-inch chunks
- 1 small onion, chopped
- 3 potatoes, peeled and cut into 1/2-inch chunks
- 2 large carrots, peeled and cut into 1/2-inch slices
- 4 cups chicken or turkey broth
- $\frac{1}{2}$ teaspoon dried sage
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{3}{4}$ cup water
- 2 tablespoons all-purpose flour
- 3 cups leftover cooked turkey, pulled apart into 1-inch pieces

1. In a large pot, heat oil over high heat. Add celery and onion, and cook 4 to 5 minutes. Add potatoes, carrots, chicken broth, sage and pepper.
2. Bring to a boil, reduce heat to medium-low, and cook 15 to 18 minutes, or until potatoes are almost fork-tender, stirring occasionally.
3. In a small bowl, combine water and flour; mix well. Pour into pot and stir until thickened.
4. Add turkey and cook 6 to 8 minutes, or until turkey is hot, stirring occasionally.

Our Progress at a Glance

Since launching our Zinc & Health program, Teck has partnered with numerous international organizations to improve awareness about zinc deficiency, enhance distribution systems, reduce instances of zinc deficiency in developing countries and ultimately improve human health. Below is a

snapshot of the progress we have made and where our Zinc & Health program is making a difference. For more information, visit www.zincsavestives.com or follow us on Twitter at @zincsavestives

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