

HEALTHY EATING PRACTICES

Consult Canada's Food Guide

- Canada's Food Guide contains many helpful tips and other recipes that will help you and your child live a healthy lifestyle. The food guide was updated in 2018 to reflect the most up-to date information about how to eat as well as what to eat.
- Foods from the Milk and Alternatives Food Group are now found in the Protein Foods section. This section provides important information regarding children's dietary protein and calcium needs.

Teach your child cooking skills early

- Before starting Kindergarten, begin getting your child involved in cooking. When they are cracking an egg or stirring, slicing, and assembling food, your child is building small muscle, finger and hand skills.
- Show them how to safely use kitchen tools such as a grater, children's knife or table knife, peeler or whisk.
- Use the 3 S's: stirring, scrubbing and sorting. Encourage your child to stir a salad, sort chopped vegetables for a soup or scrub the counter top with a dish cloth.

Eat together in a technology-free environment

- When children are given the opportunity to be involved in preparing food, sharing food and eating together, a sense of belonging and feeling part of a family unit develops.
- Structure time in your family schedule to eat together. Sitting down to enjoy a meal in a technology free environment will create healthy eating routines that will last for life.

Follow your child's lead

- "You decide what, when, and where meals and snacks will be served and let your child determine how much and whether to eat what you provide." - Ellyn Satter
- Let your child tell you when they are hungry and when they are full. Involve them in meal and snack planning and take them grocery shopping.

Provide a positive eating environment

- When children are encouraged to eat slowly in a calm and undistracted setting, you are setting the stage for the family to engage in an enjoyable and positive eating environment.

Make water your family's drink of choice

- Water is a natural energy drink and drinking enough is essential for your brain and body.
- Juice and pop contain lots of sugars. Too much sugar, regardless where it comes from, is not good for you.

Help your child understand where food comes from

- The traditional methods of gathering and picking, hunting and fishing provide valuable experiences and a connection to and a respect for the natural world.
- Growing your own food at home is an excellent learning opportunity.
- Farms, markets and grocery stores are sources of information about where food originates.