Eat Well

MAKE HEALTHY EATING FUN WHILE AT HOME

Connect with your kids!

• Set aside some time each week to connect with your kids and plan meals for the week ahead. This will teach them valuable life skills such as planning, organizing, and budgeting.

• Get your kids to help in different ways: check flyers for healthier foods on sale, help write the grocery list, check the fridge and cupboards, or put together a folder of favourite recipes.

• Encourage your family to try a new food or recipe that uses a different vegetable or whole grain.

Cook with your little chefs...

• Engage your kids in the kitchen. Let them remove eggshells from hard-boiled eggs, mash potatoes or make a veggie or fruit platter.

• Show your child how to use kitchen tools such as a grater, a peeler or a whisk.

• Explore the different ways foods can be prepared. For example, carrots can be raw, steamed, grated or roasted.

• Check out our family-friendly recipes at: www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/recipes-recettes-eng.php

Eat together as a family as often as possible

• Make mealtime enjoyable by taking time to connect with your kids.

• Eat your veggies! What and how you eat has a big influence on your kids.

• Focus on food when eating. No TV, gadgets, toys or phones during the meal. Eating meals when you’re distracted can lead to overeating because it’s hard to know when you’re full.

Learn more at: HealthyCanadians.gc.ca/EatWell