



Eat Well, Play Well – At Home!

Home and family have a huge impact on a child's nutrition and health. Parents are important role models for healthy eating and have the opportunity to help children develop sound eating habits that will last for a lifetime. If you eat well, so will your children.

Make Time for Breakfast

Children who eat breakfast perform better at school, have healthier weights and eat more essential nutrients. All children need to start the day with a good breakfast to feel and do their best. Aim to include foods from at least 3 of the 4 food groups from *Eating Well with Canada's Food Guide*. Try these quick and easy breakfast ideas:

- **Stock up** - Keep your kitchen stocked with breakfast staples such as cereals, milk, yogurt, whole grain breads and muffins, frozen waffles or pancakes, fruit and fruit juices, bagels, eggs, peanut butter and cheese.
- **Get ready** - Spend a few minutes each evening preparing for breakfast the next day. Set out cereal boxes and the toaster, set the table, cut up fruit.
- **Give it time** - Wake up a little earlier so that everyone has time to eat breakfast. This is also a good time to talk about everyone's plans for the day.
- **Make it a family affair** - Involve everyone in choosing the foods, preparing breakfast, or cleaning up.
- **Walk on the wild side** - Liven up breakfast with these fun ideas:

Waffles, cut into sticks and dipped in apple sauce, milk	Leftover pizza, 100% fruit juice
Fruit smoothie (milk, ice, yogurt, fresh or frozen fruit), whole grain muffin	Whole wheat tortilla or pancake rolled with peanut butter and banana, milk
Grilled cheese sandwich, melon slices, 100% fruit juice	Dry cereal or trail mix stirred into yogurt, piece of fresh fruit

Trusted advice from dietitians. www.dietitians.ca

Snack Time!

Children need snacks. Aim to include foods from at least 2 of the 4 food groups from Eating Well with Canada's Food Guide when planning snacks. Healthy snacks can fuel your growing child with energy and extra nutrients. The trick is to provide foods that are both nutritious and great tasting. Try these simple snacks:

Cereal or plain granola bars, oatmeal or fig cookies, milk	Cereal (dry or with milk), fruit
Raw vegetables, yogurt dip or cottage cheese	Yogurt, pudding or string cheese, cut up fruit
Whole grain crackers, cheese	100% fruit juices or vegetable cocktails, boiled eggs
Raisin bread, peanut butter	Fresh or canned fruits, whole grain muffins

Do Dinner – Together!

Children who eat home-prepared meals are more likely to include more milk products; fruits, vegetables, and other fibre-rich foods; and fewer fried foods and soft drinks than children who eat out. Try these tips for quick and easy family dinners:

- **Plan ahead** - Spend some time planning your dinner meals for the week. Make your grocery list based on your menus.
- **Make the most of your time** - Cook casseroles or rice in bulk, freezing several portions to enjoy on days when you are in a hurry.
- **Break a few rules** - Try foods you usually eat for breakfast or lunch such as pancakes, waffles, French toast, eggs, soup or sandwiches for dinner.
- **Try something new** - Cookbooks such as *Simply Great Food* by Dietitians of Canada offer lots of ideas for great tasting dinners that are easy to prepare.
- **Create family time** - Turn off the TV and enjoy time for your family to come together over a home-cooked meal.