



Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

Curious about your child's eating habits?



Visit www.nutritionscreen.ca to complete the Nutri-eSTEP questionnaire!

What is Nutri-eSTEP?

- ▶ A quick and easy way to find out how your toddler or preschooler is doing:
 - What is going well
 - What to work on
- ▶ Gives you **tips and tools** to help make healthy eating easy for the whole family

To connect with a Registered Dietitian contact:

Leeds, Grenville & Lanark District Health Unit



1-800-660-5853

www.healthunit.org

EatRight Ontario

1-877-510-5102

www.eatrightontario.ca