



23 Ways to Turn on to Healthy Eating

1. Include one food from each of the four food groups for meals.
2. Involve the whole family in planning meals for the week.
3. Try meals with toppings that children can add themselves (burritos, tacos, homemade pizza).
4. Thirsty? Reach for water.
5. Involve children in preparing meals - they can mash, stir, pour, count, mix, wash, knead and measure.
6. Make time on the weekend to prepare meals for the upcoming week, freeze and let your child pick the meal of the day.
7. Let your child choose whatever he/she wants for lunch one day each week.
8. Make a weekly menu - let the kids pick whatever they want for lunch each Friday.
9. Keep on-the-go snacks in the car for last minute munchies: dry cereal, granola bars, fruit, trail mix.
10. Try keeping "on the go" snacks in the car for those last minute munchies - dry cereal, granola bars, cereal bars, fruit leathers, fruit.
11. Try some canned beans - they can be added to tomato sauce (for pasta), mashed for vegetable dip and sprinkled on salads.
12. Slice apples, peel oranges, and clean and cut vegetables before hand for after school snacks.
13. Choose healthy snacks: cheese & crackers, fresh fruit, yogurt and graham crackers for dipping, veggie sticks, cereal bars.
14. Make your own muffins in mini muffin pans...they are easy to eat and easy to pack for on-the-run munchies.
15. Make dinner time a social time for the whole family - eat together as often as possible.
16. Use cookie cutters to cut sandwiches into interesting shapes.
17. Try a backwards meal now and then - dessert first and then the main dish.
18. Boost the fibre - bran can easily be added to meat sauce, casseroles and your homemade muffins.
19. Go for whole wheat bread, or compromise with one slice whole wheat and one slice white for a two-toned sandwich.
20. Don't forget breakfast...children are less tired and find it easier to focus in school when they have had some food in the morning.
21. Make lunches for the whole week on the weekend as an activity together - freeze in individual portions and let your child choose which meal to take which day.
22. Include at least one food from each food group every day for lunch.
23. Try sending these healthy snacks with your kids to school or during activities when they are on the run - granola bars, cheese and crackers, fresh fruit, graham crackers and yogurt, cereal bars, veggie sticks.



For more information call your local Health Unit at

1-800-660-5853 or 613-345-5685