

Safe and Pleasant Eating Areas

Do you know where your kids eat?

We all have a role to play in helping our children develop healthy eating habits. At our school, we focus on safe, pleasant eating areas where everyone can enjoy eating their lunch. If you have ideas on how to help improve the lunchroom or can volunteer during the lunch hour, please contact our School Nutrition Action Committee.

Why not try the same at home? Turn off the TV and enjoy a family meal tonight. Families that sit down to family meals regularly are healthier and happier than those who don't. Make it a family affair for greater success. Parents and children can work together to plan the meals, shop for ingredients and prepare your recipes.

Remember to include foods from each of the four food groups in Canada's Food Guide in packed lunches and at the dinner table. Enjoy the time eating together!

Together we can make the healthy choice the easy choice!

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