



Twelve Ideas for Healthy Kids Snacks:

1. Fruit 	2. Cereal 	3. Ants on a log 	4. Smoothies 
5. Apple Sauce 	6. Mini Pizzas 	7. Meat Roll Ups 	8. Trail Mix 
9. Cheese 	10. Popcorn 	11. Veg & Dip 	12. Pickles 

What are ants on a log?

Celery, filled with peanut butter and topped with raisins

What's in a smoothie?

Smoothies are a healthy version of a milkshake. Instead of ice cream use yogurt and for extra flavor and nutrition add fruit. Put it in a blender and mash it all up.

About Popcorn

Yes, popcorn is yummy with lots of butter but try to cut back on the butter to make it a healthier snack.

Source: <http://recipes.howstuffworks.com/menus/10-best-snacks-for-kids.htm>



Better Together. Family meals help us Re-Connect

A family meal doesn't have to mean the whole family sits down together to a fancy meal. The important thing is that at least one adult and a child, or two or more adults sit down and eat together.

Tips

- Plan simple meals to prepare easily and eat slowly.
- Include the children when grocery shopping.
- According to their ability, have children assist with preparing the meal.
- Keep plates, cutlery, cups and napkins where children can reach them to set the table.
- Learning to eat takes practice. Young children are messy when learning and most children tend to have short attention spans at the table.
- Share pleasant conversation and laugh a lot.
- Make sure everyone has a chance to speak and be heard.
- Turn off the TV and take phone calls later.
- Involve everyone with the kitchen clean up so that children learn valuable skills and you all finish together.

Children

who eat with their family at least once a day:

- Eat more nutritious foods
- Perform and behave better at school
- Enjoy greater vocabulary
- Observe their parents modeling healthy eating
- Understand their family's values and traditions
- Deepen their sense of belonging and security

Grown-ups

who eat with their family at least once a day:

- Tend to eat more vegetables and fruit and fewer fried foods
- Drink less pop
- Get more important nutrients such as calcium, fibre and iron
- Save precious family time because the family only prepares one meal
- Have the opportunity to model healthy eating to their children
- Save money by eating out less often