

## What You Can Do

As a parent or caregiver, you know healthy eating and physical activity are the keys to your child's health and well-being. You can promote and support healthy food and beverage options by:

- Talking to the coach or leader about serving healthier foods at the next event
- Working with volunteers or food service providers to offer healthy food choices
- Modeling healthy eating at home
- Checking out the *Brand Name Food List* which lists healthy food and beverage choices



eat well, play great

Healthy eating and physical activity help our children be the best they can be.



For additional information visit the provincial Living Healthy Schools website at:

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)  
or contact the Regional Nutritionist or Recreation Director in your area.



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## What Moves You?

eat well, play great



Healthy Eating for You and Your Family

Go Healthy



## What Moves You?

Children like to play, be active and just have fun! Eating healthy food and drinking healthy beverages along with physical activity help children feel better and have the energy to be active. You can work with parents, caregivers, coaches, leaders and volunteers to promote and serve healthy food choices during meetings, practices, tournaments, field trips, events, and in recreation, community and sport facilities.

In schools, the School Food Guidelines promote healthy eating during the day and now it's time to bring the healthy eating message to all after school activities and into the community.

## Planning Healthy Meals

The best way to make the healthy choice the easy choice is to serve food from Canada's Food Guide. This includes:

- Vegetables and Fruit
- Grain Products: bread, rice, cereal and pasta
- Milk and Alternatives: milk, yogurt, cheese
- Meat and Alternatives: fish, poultry, meat, peanut butter, eggs, beans, nuts and seeds

## Quick and Easy Meal Ideas

- Chili, whole wheat dinner roll, yogurt, apple and water
- Meat and vegetables on a whole wheat tortilla with cheddar cheese, fruit cup and milk
- Turkey on whole grain bread with tomato and a slice of cheddar cheese, blueberries and water
- Chicken and vegetable soup, whole wheat crackers, vanilla pudding and 100% fruit juice
- Bean salad, carrot sticks and dip, whole wheat dinner roll and chocolate milk

## Healthy Snack Choices

Snacks keep children and youth energized between meals.

- Fresh, canned, frozen or dried fruit
- Berries, yogurt & granola
- Fruit smoothies
- Veggies with dip
- Yogurt, yogurt tubes, frozen yogurt
- Whole grain crackers, pitas, soft tortillas, small bagels, cereal or granola bars, lower fat muffins
- Cheese and cheese strings
- Air-popped or low-fat popcorn
- Milk (skim, 1%, 2%, chocolate)
- 100% fruit or vegetable juice
- Whole grain cereal with dried fruit



For healthy food ideas, check out *Canada's Food Guide* at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) and the *Brand Name Food List* available at [www.livinghealthyschools.com](http://www.livinghealthyschools.com)