



Booklets for Families

Healthy Eating and Active Living For Your 1 to 5 Year Old

This colourful twenty-eight-page booklet provides parents of toddlers and preschoolers with healthy eating tips and activity ideas to encourage their children to eat healthy and be active. It stresses the importance of families enjoying meals and activities together and parents modeling healthy eating and active living. Issues addressed include constipation, food allergies, food safety, picky eating, meal and snack planning, and healthy body image. It also includes a chart to map out the family activity plan, a sample menu plan and a list of activities to do.

http://www.healthyalberta.com/Documents/HEAL_1_to_5_Year_Old_2008.pdf

Healthy U, Alberta Health and Wellness, February 2008

Healthy Eating and Active Living For Your 6 to 12 Year Old

This colourful twenty-four-page booklet provides parents with healthy eating tips and ideas to encourage their 6 to 12 year-old children to eat healthy and be active. It stresses the importance of families enjoying meals and activities together and parents modeling healthy eating and active living. Issues addressed include creating healthy places and spaces, choosing and planning the right activities, meal and snack choices, eating out, food safety, food struggles, and healthy body self-image. It also includes a quiz to help families identify areas they can improve, a list of activities families can enjoy together, a chart to map out the family activity plan, a list of foods to choose from, a chart of school lunch ideas, and a list of snack ideas.

http://www.healthyalberta.com/Documents/HEAL_6_to_12_2008.pdf

Healthy U, Alberta Health and Wellness, February 2008

Heart Healthy Eating Guide for Your Family

This sixteen-page colour booklet provides simple tips and tools to help busy parents plan meals and make healthy choices with their children. It includes a helpful meal planner, a mix and match food group chart, grocery tips and kid-friendly recipes for family meals and recipes. It also includes activity tips and simple solutions to everyday challenges.

http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Hearthealthy_eating_guide_Eng.pdf

Heart and Stroke Foundation, June 2008