



## Webpages

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### **Bringing Your Family Back to The Table**

This webpage from the ActNowBC website provides a list of ideas to get your family back to the table.

[http://www.actnowbc.ca/EN/families/bringing\\_your\\_family\\_back\\_to\\_the\\_table/](http://www.actnowbc.ca/EN/families/bringing_your_family_back_to_the_table/)

ActNowBC, British Columbia Government

### **Can you give me ideas to help me plan healthy meals for my family and myself?**

This webpage provides ten tips for planning healthy family meals.

[http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/faqs\\_tips\\_facts/faqs/index.asp?fn=view&id=4147](http://www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/faqs/index.asp?fn=view&id=4147)

Dietitians of Canada, February 2008

### **Cooking with Kids**

This webpage features helpful tips to make cooking with kids a big family hit. Tips are organized by children's ages. Ten simple recipes are provided.

<http://www.eatrightontario.ca/en/ViewDocument.aspx?id=6>

EatRight Ontario

### **Eat Better, Eat Together**

This webpage features a kit that includes a research summary, brochures and strategies used in the Washington State initiative to promote family meals. Families can submit their successful family mealtime experiences through the 'Share your favourite family meal' feature.

<http://nutrition.wsu.edu/ebet>

Nutrition Education Network of Washington

### **Eat Together**

This web page from Interior Health features links to fact sheets on family meals and tips for safely involving kids in food preparation.

<http://www.interiorhealth.ca/choose-health.aspx?id=3024&terms=EAT+TOGETHER+EAT+BETTER>

Interior Health, BC

### **Eating Together**

This webpage addresses two common obstacles to family meals: time to cook and hectic schedules.

[http://www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3644723/k.824D/Eating\\_together.htm](http://www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3644723/k.824D/Eating_together.htm)

Heart & Stroke Foundation, Yukon & BC



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### **Kid-Friendly Meals**

This web page features easy recipes kids will love.

[http://www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3644701/k.C09C/Kid\\_Friendly\\_Meals.htm](http://www.heartandstroke.bc.ca/site/c.kplPKXOyFmG/b.3644701/k.C09C/Kid_Friendly_Meals.htm)

Heart and Stroke Foundation

### **Let's Make a Meal**

This webpage shows you how different meal choices can add up to a healthy day and gives you tools for easy menu planning including shopping tips, a pantry list, recipes and a printable planner to post on the fridge. It also compares your choices against the Food Guide Servings recommended by Canada's Food Guide.

[http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/menuplanner/Overview.asp](http://www.dietitians.ca/public/content/eat_well_live_well/english/menuplanner/Overview.asp)

Dietitians of Canada

### **Promoting Family Meals**

This webpage features links to a list of resources and initiatives from different organizations related to family meals.

<http://www.cfs.purdue.edu/CFF/promotingfamilymeals/>

Purdue University Center for Families