

HEALTHY NIBBLES

You may have seen some advertising on T.V recently regarding healthy eating.

The first three advertisements promote simple changes that families can make to improve their nutrition.

1. KIDS EAT BETTER WHEN THEY EAT WITH YOU

- Set a time when you'll be eating together and let them know
- Plan ahead so that you have all the things you need to make a meal
- Turn the TV off to keep the focus on the family
- Try to eat together most nights with everyone who's home

2. GETTING KIDS INVOLVED HELPS THEM LEARN ABOUT HEALTHY FOOD

- Start them off with the easy stuff, like washing vegetables, or getting food out for the meal
- Choose a time when it's easier for you to show them, like at the weekend
- Get them involved in choosing the meal they'll be preparing
- Be prepared to spend more time helping your child as they learn

3. MAKE WATER AND MILK THE FIRST CHOICE

- Offer water, not sweet drinks, with meals
- Put a jug of water on the table for the whole family to share
- Keep a jug of cool water in the fridge
- Serve milk after or between meals
- Green top milk should only be used for children above the age of 5 years.

Here are some healthy meals that are easy for little children to help with (i.e. putting fillings in or on dishes)

- Platters of meats, such as sliced ham and chicken, vegetables and dips (like you might get in a restaurant)
- Pizza with plenty of cooked vegetables on top
- Burritos with your favourite fillings e.g.: beans, meat and salad
- Toasted sandwiches

We look forward to seeing you at a Mission On workshop (dates will be allocated to centres shortly)

Healthy Nibbles for Tots

Nutrition and Physical Activity Information for Children

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha