



PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN



EATING TOGETHER-FAMILY MEALS

A **family meal** is when adults and children sit together and share a meal or snack. This often happens around a table, but could be on a blanket or picnic table at the park!

Focus on enjoying time together rather than on what and how much your child is eating.

Eating together has many benefits for you and your child:

- Learning, role modelling
- Bonding as a family
- Better intake of vegetables, fruit and milk
- Saves money by cooking and eating more at home
- Better mental well-being

Raise a Healthy Eater

July 2017- Edition #2

EASY PICNIC IDEAS

- Sandwiches, wraps
- Fruit (watermelon is a favorite!)
- Cheese, crackers, boiled eggs
- Veggies and dip
- Cookies for dessert
- Water

Don't forget to **keep foods cold** in a cooler packed with ice! Wash hands with soap and water before eating. Pack a facecloth or wipes and hand sanitizer in case there are no washrooms.

Enjoy the fresh air and play some outdoor games (play catch with a ball or have a game of tag with the kids).

Go on a nature walk together!

Karen Larocque, RD
Registered Dietitian
Health Promotion

For more information on healthy eating for young children:

- *Dial-a-Dietitian* 1-877-830-2892
- <http://www.caringforkids.cps.ca/>
- <http://www.gov.mb.ca/healthyliving/hlp/nutrition/children.html>