

HELP CHILDREN EAT WELL TO LEARN WELL

BREAKFAST FOR LEARNING, the leading non-profit organization dedicated to supporting child nutrition programs in Canada, offers this nutrition checklist to help families, teachers and volunteers support healthy eating for children and teens.

| CHECKLIST | YOU CAN HELP |
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| <input type="radio"/> | Start a breakfast, lunch or snack program at school to ensure that all children start the day well-nourished and ready to learn. Contact www.breakfastforlearning.ca for more information. |
| <input type="radio"/> | Find out how nutrition is taught in your children's school. Visit the school at lunch time. If the school looks like a place where healthy eating is encouraged, let them know they are doing a good job. If you are not satisfied, get involved by talking to other parents, the parent-teacher association and the school principal. |
| <input type="radio"/> | Post a copy of Canada's Food Guide on the fridge or in the classroom to help remind children to get their recommended servings and make each serving count. Some helpful hints: <ul style="list-style-type: none">• breakfast should include at least 3 of the 4 food groups• consume at least one dark green (like broccoli) and one orange vegetable (like carrots) each day• eat a variety of whole grains including brown rice, barley and oats |
| <input type="radio"/> | Involve children in food - from shopping to chopping, menu planning and getting the food on the table. |
| <input type="radio"/> | Help children understand what they are eating by helping them to decipher food labels. |
| <input type="radio"/> | Keep a variety of healthy food options readily available, such as: <ul style="list-style-type: none">• a bowl of fruit on the counter and/or cut-up vegetables with dips available for after-school snacking• manageable sizes of milk, yogurt, etc., so that children can help themselves |
| <input type="radio"/> | Pack nutritious lunches. Visit www.breakfastforlearning.ca for healthy lunch recipes. |
| <input type="radio"/> | Be a role model and try new foods with the children. |
| <input type="radio"/> | Encourage water as the best thirst-quencher (instead of fruit drinks or soft drinks). |

Help ensure every child in Canada attends school well-nourished and ready to learn. Visit:

WWW.BREAKFASTFORLEARNING.CA

