

# Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



## Creating a supportive eating environment

### Be a good role model

- Speak positively about all the foods you are serving (even if you do not like them yourself)
- Make nutritious food and drink choices, while also modelling the concept of balance and moderation
- Avoid discussing dieting or criticizing your own body weight around children
- Sit at the table, and eat with the children whenever possible

### Involve children in meal preparation

### Create a relaxed and calm eating environment

- Remove distractions (such as TV, electronics and toys)
- Engage in conversation about the food and the day's activities

### Allow children to serve themselves, when possible

### Incorporate healthy eating messages in all the day's activities