



## March is Nutrition Month

During March, put healthy eating in the spotlight by making at least one positive change for you and your family.

1. Start the school day off with a power-packed breakfast. Eating breakfast can contribute substantially to a child's readiness to learn.
2. Prepare lunches and snacks that include foods from each of the four food groups. (Fruits and vegetables, grain products, meat and alternatives and milk products)
3. Be a positive role model for children. They will be more likely to enjoy a variety of foods and try new foods if you do.
4. Be patient. If an unfamiliar food is rejected the first time, it can be offered again later. The more often children are exposed to new foods, the more likely they are to accept them.
5. Be a savvy shopper. It's easier to prepare healthier foods when your kitchen is stocked with healthy choices.
6. Let children help with simple food-related tasks. Ask them to set the table or help wash the vegetables.
7. Make time for healthy eating. Children prefer meals and snacks on a regular schedule.
8. Sit down and eat with children. Having meals together as a family helps reinforce positive eating habits.
9. Organize fun physical activities. Children should be active for at least 90 minutes every day.

For more information, visit [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

Join the Dufferin-Peel eCommunity and receive information about events, activities and issues.

Sign up today at:

[www.dpcdsb.org](http://www.dpcdsb.org)



Dufferin-Peel  
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