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# Nutrition

*Eating healthy food is necessary in meeting children's energy needs for growth, development and activity. It's never too early to start building healthy eating habits!*

## Tips for Parents . . . FEEDING YOUR PRESCHOOLER

**Offer** lots of colourful vegetables in different ways; raw with dip, steamed, stir-fried, topped with melted cheese, and in soups, stews and salads.

**Cut** fruit in fun shapes; melon balls and cantaloupe smiles are much more fun to eat.

**Set** a good example by eating a variety of healthy foods.

**Involve** your child in making meals and snacks.

**Resist** the temptation to coax, bribe or instruct children to eat. Often, pressure makes children less willing to eat or to try new foods.

**Be patient.** Healthy eating is just one of many things your child is learning.

Adapted from information found at [www.interiorhealth.ca](http://www.interiorhealth.ca)

## FAMILY MEAL TIME

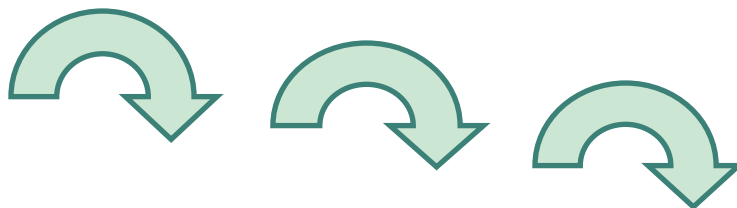
There are many benefits to making family meals a priority.

- Families who eat together tend to have healthier meals
- Researchers have found that dinner conversation can help with a child's vocabulary
- Make meals fun, but not overly distracting
- Involve family members in choosing healthy foods
- Family meals don't have to be complicated to be nutritious.

Adapted from information found at [www.interiorhealth.ca](http://www.interiorhealth.ca)

**Communities for Kids** is a coalition of three early childhood development initiatives. We promote optimal health and development of all children, from conception to age 6, in the South Okanagan-Similkameen. Our coalition includes *Communities for Kids*, *Success By 6®* and *Understanding the Early Years*.

## CONTACTS FOR COMMUNITY KITCHENS AND FOOD BANKS:



### Interesting websites

Canada's Food Guide

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Canadian Paediatric Society

[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

Anaphylaxis Canada

[www.anaphylaxis.ca](http://www.anaphylaxis.ca)

Canadian Health Network

[www.canadian-health-network.ca](http://www.canadian-health-network.ca)

Food Allergy Network

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

Nutrition for Kids

[www.nutritionforkids.com](http://www.nutritionforkids.com)

Tiny Tum mies

[www.TinyTummies.com](http://www.TinyTummies.com)

World' Healthiest Foods

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

Dietitians of Canada

[www.dietitians.ca](http://www.dietitians.ca)

San Diego Zoo fun recipes

[www.sandiegozoo.org/kids/recipes.html](http://www.sandiegozoo.org/kids/recipes.html)

- ❖ Contact your local health unit to find out more about other nutrition - related services.
- ❖ Check with your doctor or public health nurse about feeding children under the age of one year.

### Keremeos

Cawston School Breakfast & Lunch Program 499-2441

Adventist Development Agency Food Bank 499-0248

### Okanagan Falls

OK Falls School Breakfast Club 497-5414

Helping Hands 497-6919

### Oliver

Food Bank

(Wednesday mornings at the parking lot behind

Peoples Drug Mart)

Community Kitchen Bhavasagar Sikh Temple 498-6677

Community Kitchen CAPC 498-2538

### Osoyoos

Food Bank Osoyoos Baptist Church 495-6581

Community Kitchen CAPC 495-6581

Soup Kitchen, The Gathering Place 495-2550

### Penticton

Boys and Girls Club Community Kitchen 493-0512

CAPC Family Outreach Program 493-0512

Positively Pregnant 493-0512

Young Parents' Help Line 493-5797

Society of St. Vincent de Paul 492-2082

Salvation Army Food Bank 492-4788

Soupateria 492-2415

### Princeton

Call Interior Health 295-4448

### Summerland

GH School Breakfast Program 770-7671

Summerland Food Bank 488-2099

Summerland Community Kitchen 494-9722

**Note:** Not all community kitchen and food bank locations may be listed here.

The **Healthy Harvest Box** program is a non-profit program focused on bringing high quality foods to community groups at wholesale prices. For more information, visit

[www.localmotive.ca](http://www.localmotive.ca)

For more great information, check out our web site at

[www.communitiesforkids.ca](http://www.communitiesforkids.ca)

The Understanding the Early Years initiative is funded by Human Resources and Social Development Canada. For further information, visit [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca).

Send comments, suggestions, ideas and questions to [communitiesforkids@telus.net](mailto:communitiesforkids@telus.net) or call 250-496-5511. Please feel free to copy and pass along this newsletter