

SET the Table for Success!

Sit Together - Eat together - Talk together. Healthy eating is more than the food you eat!
Supporting Positive Mealtimes for Early Learning and Child Care

To view these online resources, click on underlined text or scan QR code

Support Positive Mealtimes

Promote positive meal and snack times to enrich children's social connections, learning, and health – whether food is provided by families or programs

[Overview](#)

[Putting These Resources into Practice](#)

[Why Support Positive Meal and Snack Times?](#)

[Checklist](#)

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[Tips to Support Positive Mealtimes](#)

[Poster Series](#)

[Connect with Conversation](#)

[Information for ELCC and Families](#)



AHS Nutrition Resources

[Healthy Eating at Early Learning and Child Care Centres](#)

Staff training, menu planning, recipes, food allergies, policy, and more



[AHS Nutrition Handouts](#)

Nutrition information for infants, children/ adolescents, healthy eating, allergy, vitamins & minerals, and more



[Feeding Toddlers and Young Children](#)

The feeding relationship and common eating habits



[AHS Nutrition Workshops](#)

Free nutrition classes for caregivers and families



[Raising Our Healthy Kids videos](#)

Short 60-90 second videos with health information for parents and caregivers - some videos available in French



Canada's Food Guide

Tips, recipes, videos and more



[Healthy eating for parents and children](#)

[Involve kids in planning and preparing meals](#)

Questions about nutrition, eating, or feeding?

Call 8-1-1. Ask to speak with a Dietitian.

Scan QR codes to go to the websites, by using your phone or tablet:

1. Open the camera app 2. Focus the camera on the QR code by gently tapping the code 3. Follow instructions on the screen to go to the webpage