

Nutrition Information for Families

Feeding and Mealtimes

[Raising Our Healthy Kids videos](#)



[UnlockFood.ca Children's Nutrition](#)



[Canada's Food Guide website](#)



[Healthy eating for parents and children](#)

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



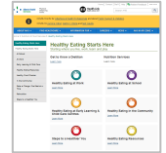
Questions about nutrition, eating, or feeding?

Call 8-1-1. Ask to talk to a dietitian

Health Link has dietitians available to answer questions

Healthy Eating

[AHS Healthy Eating Starts Here website](#)



[Healthy Snacking](#)

[Healthy Drinks, Healthy Kids](#)

[Plant-based Beverages for Children](#)

[Vitamin D for Babies and Children](#)

[And more!](#)

[Canada's Food Guide website](#)



Recipes

[AHS Inspiring Healthy Eating recipes](#)



[Canada's Food Guide recipes](#)



[Cookspiration](#)



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