



Enjoy—

FIVE or more vegetables
& fruits every day

Choose vegetables and
fruits for snacks most
of the time.

Keep a bowl of fruit on the counter
to grab as an easy snack.



Enjoy—

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Choose vegetables and
fruits for snacks most
of the time.

Avoid pre-packaged fruit snacks (they
are high in sugar)—even if they say “all
natural” or “unsweetened”.



Enjoy-

FIVE or more vegetables
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Choose vegetables and
fruits for snacks most
of the time.

Have washed and cut-up
vegetables in the fridge so
that they are ready to eat.



Enjoy-

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& fruits every day

Get the whole family
involved with preparing
and cooking healthy food.

Take the kids to the store and let
them pick out a new vegetable or
fruit they would like to try.



Enjoy-

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Vegetables and fruits on a budget

Frozen vegetables and fruits make
an easy addition to meals or treats.
Buy in large bags for the best deal.



Enjoy-

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Vegetables and fruits on a budget

When you can, buy produce which
is in-season. It will taste better and
cost less.



Enjoy-

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Vegetables and fruits on a budget

Avoid purchasing pre-cut
vegetables and fruits as they
are more expensive than
un-cut produce.



Enjoy-

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Ways to use produce before it spoils

Freeze, can or dry your leftover
(leftover) fruits/vegetables to enjoy
later.



Enjoy-

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Ways to use produce before it spoils

Add unused vegetables to
soup before they spoil and
freeze the leftovers.



Enjoy-

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Ways to use produce before it spoils

Purée the unused vegetables
together and freeze the purée to
use in a soup or sauce later on.



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Ways to use produce before it spoils

Chop up all the veggies left in your
fridge and put them into
an omelette.



Enjoy-

FIVE or more vegetables
& fruits every day

Ways to use produce before it spoils

Store your produce in see through
containers in the
fridge. That way you know
what you have.



Power down—

no more than TWO hours
of screen time a day

**Power down TVs, video
games, computers and
other electronics.**

Take photographs (inside, outside,
friends, family—anything you like)
and make them into an album.



Power down—

no more than TWO hours
of screen time a day

Power down TVs, video games, computers and other electronics.

Play a board game with your family. If you don't own any games ask your friends if they have any you could borrow.



Power down—

no more than TWO hours
of screen time a day

Power down TVs, video
games, computers and
other electronics.

Go to the library and find a great
book to read.



Power down—

no more than TWO hours
of screen time a day

**Power down TVs, video
games, computers and
other electronics.**

Enjoy quality family time during
meals: turn off the TV and focus on
each other.



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Power down TVs, video
games, computers and
other electronics.

Go to your local art gallery.



Power down—

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of screen time a day

Power down TVs, video
games, computers and
other electronics.

Invent a new game and play it
as a family.



Power down—

no more than TWO hours
of screen time a day

Power down TVs, video
games, computers and
other electronics.

Talk to your family members and
make a family tree.



Power down—

no more than TWO hours
of screen time a day

Power down TVs, video games, computers and other electronics.

Schedule “outdoor” time each day. Keep a bag of play and sport equipment handy to bring outside.



Power down—

no more than TWO hours
of screen time a day

Power down TVs, video
games, computers and
other electronics.

Make puppets out of old socks and
have a puppet show.



Power down—

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Power down TVs, video
games, computers and
other electronics.

Make your own cook book! Go
through cook books and write
down your favorite recipes.



Power down—

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of screen time a day

Power down TVs, video
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other electronics.

Re-organize/re-decorate
your room.



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other electronics.

Create sidewalk art with chalk.



Power down—

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of screen time a day

Power down TVs, video
games, computers and
other electronics.

Write a letter to a friend or
family member.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Caffeine, energy and sports drinks are not recommended for children.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Schedule “outdoor” time each day. Keep a bag of play and sport equipment handy to bring outside.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Go for a walk outside and learn about the local trees and flowers. Get a book from the library to help you identify the different varieties.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Post the drop-in swim, skate and gymnasium schedules on the fridge for quick reference for when you want to go out and do something.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Go for a family walk or hike.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Teach children basic movement skills like throwing, running and jumping.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Involve children in household chores such as washing the car, walking the dog or vacuuming.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Go outside and do yard work (raking leaves, mowing the lawn, pulling weeds). Make a game of it.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Walk or rollerblade to the park and then once you are there, play on the equipment!



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Walk or roller-blade to school—find other families in your neighborhood that you can walk with.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Walk or rollerblade to the store.



Play actively—
at least ONE hour each day

Children need to move and play as much as possible; provide the space and time for active play.

Playing games is one of the best ways to keep kids active.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from healthy foods and your liquids from water.

Avoid sugar-sweetened beverages, like pop and fruit punch. They provide little nutritional value and are packed with calories.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Real, unsweetened fruit juice can
be offered as an occasional treat.
Be sure to limit juice to one small
glass (125 ml).



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Plain milk is a healthy alternative
to sugary drinks.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Pack a reusable water bottle in
your child's lunch or sports bag.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from healthy foods and your liquids from water.

Offer children water throughout the day. Try fresh slices of lemon or cucumber to add a refreshing flavor to water.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Keep a container of water in
your fridge so cold water is
always available.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Start slowly by switching one less
healthy drink to a healthier drink
each day.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Buy smaller sizes of drinks.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Pour smaller servings, setting aside
the rest of a container for the next
time.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from healthy foods and your liquids from water.

The average can of pop has 10 teaspoons of sugar. The recommended daily limit for sugar (from all food/drink) is 13 teaspoons.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from healthy foods and your liquids from water.

Fruit smoothies can be high in calories and added sugar. Buy the smallest size of the one with the most fruit and least sugar.



Choose healthy—
ZERO sugar-sweetened drinks

Get your calories from
healthy foods and your
liquids from water.

Add a little bit of juice to club soda
for a fizzy drink that is low in sugar.