



UNLOCK THE POTENTIAL OF FOOD...

to Discover!

Have kids learn healthy habits by helping to shop and cook!

Learning skills like shopping, preparing, and cooking at an early age helps kids learn healthy habits that will last them a lifetime.

Getting kids involved with food prep will make them more likely to try new foods, because they helped! This can mean eating more vegetables, fruits, and other healthy foods made together as a family. Remember that you are a role model for your child, and healthy habits should be a priority for the whole family!

Tips for Cooking with Kids:

1. **Pick a Recipe Together.** Kids will be on board if you include them right from the start!
2. **Use Learned Skills.** Such as math, reading, science, and even fine motor skills when planning and preparing a recipe!
3. **Keep it Fun!** Let kids use their imagination. Such as getting them to help plan a family theme night.
4. **Be a Role Model.** If you get excited, so will they!
5. **Don't Stress the Mess.** Spills and messes can happen. It's good to remain calm to teach kids that it's not a big deal, and how to just clean up.

What can my child help with?

- **2-3 Year Olds** can wash fruit and vegetables, and tear up lettuce.
- **3-4 Year Olds** can mash potatoes or bananas, and mix together batters.
- **4-6 Year Olds** can measure dry or liquid ingredients, and set the table.
- **6-8 Year Olds** can mix together/toss a salad, and make simple breakfasts.
- **8-12 Year Olds** can make their own school lunches, and help plan meals.
- **Teens** can make harder recipes, mix most ingredients, and even plan one meal per week!

Looking for more help?

The Northern Health Region has Dietitians who are happy to meet with you!

In Thompson, Call (204)677-1777

Outside Thompson,
Call (204)677-5322

In Flin Flon, Call (204)681-1350

In The Pas, Call (204)623-9650

Have Diabetes?

Call (204)677-5333

