

Nutritious foods within your child's reach, it's a winning approach!



In the fridge :

- Sliced, ready-to-eat raw vegetables
- Fresh fruits
- Fresh water
- Prepared dips and spreads (hummus, vegetable pâté, cream cheese, etc.)
- Milk or fortified soy beverages
- Containers and tubes of yogurt
- Cheese

Some foods keep well in the freezer :

- Homemade pancakes and muffins
- Frozen fruits and vegetables
- Homemade heat-and-serve meals
- Pre-packaged sandwiches
- Cheese
- Ice milk and frozen yogurt
- Fruit juice popsicles



In the pantry :

- Unsweetened applesauce and fruit compotes
- Canned fruit packed in their own juices
- Whole grain cereals (whole wheat, oats, wheat bran, etc.)
- Whole grain crackers
- Dried fruits
- Mixed nuts



For more information

Internet

Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports
www.alliancesherbrookoise.ca

Eat well with Canada's Food Guide
www.hc-sc.gc.ca

Extenso, reference center on human nutrition
www.extenso.org

Healthy lifestyles, ministère de la Santé et des Services sociaux du Québec
www.saineshabitudesdevie.gouv.qc.ca

Books

Mieux manger pour le plaisir et la santé, Montréal, Protégez-vous collection, 2010, 128 p. (approximately \$12, available at www.protegez-vous.ca/boutiquepv/guides-pratiques/sante-et-alimentation/mieux-manger.html)
 This book can be borrowed at your municipal library.

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The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit alliancesherbrookoise.ca

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Healthy eating, i'm in!





Children benefit from eating well! A healthy diet...

- fosters learning and academic success;
- has a positive impact on growth and a sense of well-being;
- helps prevent obesity.



Did you know that, in Sherbrooke, most public schools...

... offer meals that contain all four food groups (fruits and vegetables, grain products, milk and alternatives, meat and alternatives)?

... have removed sugary drinks, breaded foods, and fries from their menu?



In Sherbrooke, schools encourage children to eat a healthy diet!

In their meals, they offer :

- vegetables;
- desserts featuring fruits, milk and alternatives, or whole-grain products.

Nutritious foods have a place of honour during special occasions, such as :

- fundraising campaigns;
- special events (back-to-school season, birthdays, holiday celebrations, etc.);
- travel and field trips.



A healthy diet starts at home!

Your child eats most of their meals at home. As the parent, you can decide the quality of the food in the house.

- The more a child has access to nutritious food, the more they will eat healthily.
- At the grocery store, teach your child to make good food choices.
- If you buy foods of little nutritional value (chips, soft drinks, chocolate, etc.), buy them in small quantities and infrequently.
- Eat meals as a family and set a good example for your child by eating a healthy diet.

