

# NUTRITION BITS AND BITES

Healthy eating...so much more than food

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<https://www.surveymonkey.com/r/88ZYW2P>



## Why make time for family meals?

Mealtime helps bring the whole family together to share, connect and talk about the day's events. Family meals can help kids explore new foods and establish healthy eating routines.

Take your time. Enjoy your food and the social aspect of being together. Put away distractions like the TV and electronic devices to help you be mindful of your food choices.

## Healthy Eating Habits...More Than Food

The new Canada's Food Guide encourages Healthy Eating Habits that focus on much more than just food. Healthy eating is also about the where, when, why and how you eat:

### Be mindful of your eating habits:

- Take time to eat
- Notice when you are hungry and when you are full

### Cook more often:

- Plan what you eat
- Involve others in planning and preparing meals
- Save money by avoiding money spent on meals out

### Enjoy your food:

- Culture and food traditions can be part of healthy eating

### Eat meals with others

- Enjoy quality time together
- Explore new healthy foods that you might not normally try
- Eat with others at home, school and work

Find more information about Nutrition Month at [www.NutritionMonth2020.ca](http://www.NutritionMonth2020.ca)

For more details on Canada's Food Guide visit: <https://food-guide.canada.ca/en/>

## Peach, Strawberry and Almond Muesli

### Ingredients:

1 ½ cups	rolled oats
1 ½ cups	plain yogurt
½ cup	milk
¼ cup	maple syrup
¼ cup	wheat germ
1 tsp	vanilla extract

### Toppings:

2	peaches, sliced
8 – 10	strawberries, sliced
1/3 cup	pumpkin seeds
1/3 cup	whole almonds

### Recipe Information:

Preparation Time: 10 Minutes

Refrigeration: 12 hours

Serves: 4



### Directions:

1. In a bowl, mix the oats, yogurt and milk together before covering and refrigerating overnight.
2. In the morning, add the maple syrup, wheat germ and vanilla extract to the oat mixture and stir to combine.
3. Garnish with peaches, strawberries, pumpkin seeds, almonds and some rolled oats.

Recipe source: [www.nutritionmonth2020.ca](http://www.nutritionmonth2020.ca)

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe, kids can help to:

- Measure the ingredients
- Stir the ingredients
- Older kids can slice the fruit for the toppings

**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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