

Eat  
Well

# TAKE THE HEALTHY EATING CHALLENGE!

We've designed a unique shopping challenge that you can bring to the grocery store to help get your children involved in building healthy eating habits. Go ahead - **take the challenge together!**



Health  
Canada

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Canada

GET MORE GREAT TIPS ON HEALTHY EATING AT:  
[HealthyCanadians.gc.ca/EatWell](https://HealthyCanadians.gc.ca/EatWell)

# INSTRUCTIONS

Print out or download this flyer and answer form and bring it with you next time you go grocery shopping with your kids. Once you're at the store, simply visit the sections of the grocery store related to the four Food Groups:

- Vegetables & Fruit
- Grain Products
- Milk & Alternatives
- Meat & Alternatives

For each section, the flyer will give you useful **parent tips** and a **mission for your kids** to perform related to that Food Group.

## FOLLOW THESE EASY STEPS TO COMPLETE THE CHALLENGE:

1

Read the tips provided in the flyer for each of the four Food Groups sections.

2

Have your child select the foods that he or she likes and that meet the challenge criteria.

3

Write down on the flyer which foods you selected.

4

As they complete the missions, go over your kids' choices with them. Did they make healthy choices, do they know the four Food Groups? Take the opportunity to talk to them about healthy eating, meal planning and the importance of choosing foods from the four Food Groups!

It's a great opportunity to get your kids involved in healthy eating and get your grocery shopping done at the same time!

# VEGETABLES AND FRUIT

## PARENT TIP

Stock up on a variety of veggies and fruit to help kids pack their own lunches.

## KID TIP

Choose a veggie or a fruit that you like. Try different colours!

## EASY TIPS

- Eat at least one dark green and one orange veggie each day.
- Choose veggies and fruit prepared with little or no added fat, sugar or salt.
- Have veggies and fruit more often than juice.

WHICH VEGGIE OR FRUIT  
DID YOU PICK?

# GRAIN PRODUCTS

## PARENT TIP

Whole grain products help kids stay full longer and give them energy for the day.

## KID TIP

Find bread, crackers or another grain product you can eat at lunch. Remember, it has to be whole grain!

## EASY TIPS

- Make at least half your grain products whole grain each day.
- Eat a variety of whole grains such as barley, brown rice, oat, quinoa and wild rice.
- Choose grain products that are low in fat, sugar or salt.

WHICH GRAIN PRODUCT  
DID YOU PICK?

# MILK AND ALTERNATIVES



**WHICH MILK OR MILK  
ALTERNATIVE DID YOU PICK?**

## PARENT TIP

Did you know that milk and milk alternatives contain important nutrients that are good for kids' bones?

## KID TIP

Find milk or milk alternative that you would like to have for lunch. Remember, it needs to fit in your lunchbox!

## EASY TIPS

- Drink skim, 1% or 2% milk or fortified soy beverages each day.
- Select lower-fat milk alternatives.
- Compare the Nutrition Facts tables to make wise choices. Remember: 5% Daily Value (DV) or less is a little and 15% (DV) or more is a lot.

# MEAT AND ALTERNATIVES



**WHICH MEAT ALTERNATIVE  
DID YOU PICK?**

## PARENT TIP

Cook extra fish, lean meat or meat alternatives so you can have leftovers to make lunches.

## KID TIP

Find a meat alternative that you think looks tasty.

## EASY TIPS

- Meat alternatives include: beans, lentils, eggs, tofu, nuts, and seeds.
- Select lean meat and alternatives prepared with little or no added fat or salt.
- Eat at least two Food Guide servings of fish each week. Choose fish such as char, herring, salmon, sardines, and trout.