



NUTRITION FOR LITTLES

Brought to you by South Zone
Public Health Dietitians

December is a month of festivities across Canada. Let's celebrate different Canadian cultures and foods with fun activities and recipes below to bring everyone together!

Staying Healthy

A few tips to stay healthy during the busy holiday season:

1. Practice regular handwashing to prevent the spread of germs. Make it part of your mealtime routine.
2. Stay hydrated! Even when it's cold, we still need to drink water. Try herbal teas or warm water with fruit for a warmer option.
3. Be active! Build a snowman or try a new winter activity like snowshoeing. If it's cold try making an indoor obstacle course.



Festive Activities



Try some simple festive crafts:

- Make the whole house smell delicious with [homemade orange slice garlands](#) or ornaments!
- Make a [handprint menorah](#) with only paper, paint and your hands!
- With the same supplies as the handprint menorah, make a [Kwanzaa handprint wreath](#).



Canadian Recipes

Try using different nutritious ingredients to make the classic Quebec dish - poutine!

- Add some fresh vegetables like tomato, green onions or diced bell peppers.
- Add some shredded chicken, tofu or a protein of your choice.

There are so many possibilities!



Supporting Positive Mealtimes

Whether it's holiday dinner or snack time, parents and educators have the opportunity to [support positive mealtimes](#). Mealtimes are a chance to build relationships, role model and help children learn healthy habits that can last a lifetime. Here are some tips on creating pleasant and relaxed mealtimes:

- Be intentional. Set aside toys and turn off screens.
- Let children decide what and how much to eat of the food offered.
- Enjoy your time together. Engage in friendly conversation, consider using these [conversation cards](#).