



## 10 Tips for Healthy Families

1. **Stay organized and have a plan.** Planning healthy meals isn't any harder than chauffeuring kids to sports practice, attending school meetings, throwing birthday parties, helping with homework and going to club meetings.
2. **Be a physically active family.** The family that plays together stays healthy together.
3. **Keep your food environment safe.** Fruits and vegetables are a MUST for growth and development and good health...not chips, candy and cookies.
4. **Ensure variety by providing variety.** Try one new recipe or one new food item each week, but keep it simple.
5. **Make it a family affair to plan meals.** Choose food theme nights to make planning easy. Or assign meal duties to different family members each day.
6. **Look for quick meal ideas that don't involve drive-thru or pizza delivery.** Take advantage of pre-prepared food items and ready-to-cook meals. Or cook in bulk and cook ahead.
7. **YOU be the role model for your children's eating habits... not the latest restaurant mascot or cartoon character.** If you don't want your kids to have food hang-ups, then get rid of yours. If you want your kids to eat broccoli, you have to eat broccoli. Play by fair rules when it comes to family 'food fights.'
8. **Allow for taste variances but establish some rules and expectations.** Provide a variety of choices within each food group that doesn't require additional preparation.
9. **What happens at Grandma's, stays at Grandma's.** But if the kids go to Grandma's on a regular basis, then Grandma (or Grandpa) might need to be informed of your healthy family plan.
10. **Nourish with food.** Nurture with love. Better health begins in the home.