

Healthy Start for Cooks

What is Healthy Start?

Healthy Start aims to increase healthy eating and physical activity opportunities in early learning settings, including childcare centres and prekindergarten programs. Healthy Start provides resources, training and tools for directors, school principals, educators, cooks and families.



What is your role in Healthy Start?

As a cook, you are an **integral** part of ensuring children in your centre have access and are offered a healthy variety of foods. With your help, young children can begin forming healthy habits that they will keep with them for the rest of their lives.

What are the benefits of Healthy Start for you?

- Healthy meal and snack ideas
- Kid-tested, dietician-approved recipes
- Tips for feeding picky eaters
- Tips for cooking with food allergies
- Tips for working within a budget
- Ideas for incorporating new foods (i.e. lentils)

**Together let's make a
difference in children's lives!**

For more information, please
contact the **Healthy Start** team.

306-653-7454 or 1-855-653-7454
info@healthystartkids.ca
www.healthystartkids.ca

