

Healthy Start

"Children are great imitators – let's give them something great to imitate!"

for Educators and Teachers

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**?

Thanks to you, children in your centre will experience new activities, become familiar with new foods and learn habits to help them lead healthy lives.

Healthy Start can enrich the work you already do with children, helping them to:

- learn the skills they need to be active and confident;
- achieve the daily recommended amount of physical activity: 180 minutes a day at any intensity;
- become familiar with new foods;
- learn about personal health;
- explore their imaginations through play, food and their environment; and
- develop language skills.

What are the benefits of **Healthy Start**?

Healthy Start offers...

- free training, resources, active play equipment and more;
- activities that incorporate movement, nutrition and literacy all in one;
- easy-to-use activities that can be shared with parents;
- activities for large or small groups;
- activities for limited indoor spaces and for the outdoors;
- ideas to get kids moving during the long winter months;
- fun, food-related activities; and
- connection with a growing network of early years educators across the province.

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

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

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