

Healthy Start Sampler

Growing happier, healthier children in early learning environments

SUMMER 2019

Pleasure and benefits of gardening with children

Summer is here and gardens everywhere are growing. If you have a garden, getting children involved in its maintenance is a great way to get them physically active while developing their interest in vegetables and fruits.

Here are some benefits of gardening with your children:

- Gardening is great physical activity! Digging, planting, spreading compost or mulch, pruning, and watering offer many ways to keep children engaged and active!
- Gardening is a popular activity for both youngsters and seniors alike. If your center is not able to maintain a garden on your own, ask a neighbour for help. Is there a seniors home or a community center nearby?
- Growing food can increase the variety of vegetables children eat. The wonderment of food production is a great way to introduce new foods.

But remember, according to the registered dietician Ellyn Satter; a child's role in feeding is to decide what to eat from the foods offered. In short, as educators we can offer the experience of growing new foods, talk about the shape, color, size of the new food and avoid pressuring a child to eat it if they choose not to.



Want to get started? Check out these links:

Early Learning Gardening Guide,
North Okanagan Early Childhood Development Coalition and the Community Nutrition Program of Interior Health
<https://www.interiorhealth.ca/YourEnvironment/ChildCareFacilities/Documents/Early%20Learning%20Gardening%20Guide.pdf>

Jardiner à la garderie

Nos petits mangeurs

<http://www.nospetitsmangeurs.org/jardiner-a-la-garderie/>

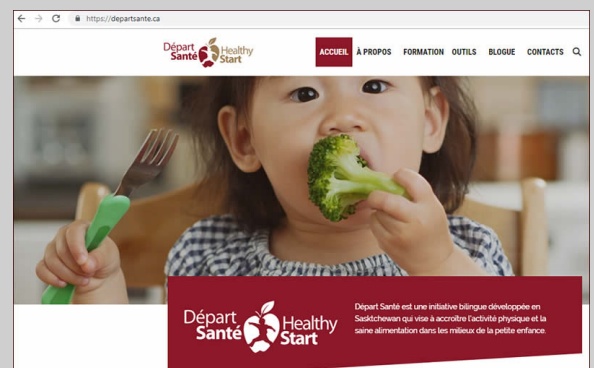
Our new Web site

We are happy to share the new and improved look of our website. Now it is even easier to interact with the Healthy Start team and our services.

You can now register from our website for the following training or sessions:

- Healthy Start Webinars
- Healthy Start Online Course
- Healthy Start Workshops in Saskatchewan
- Healthy Start for Active Kids workshops in New Brunswick
- Healthy Start for Families

Visit the [Training section](http://www.healthystartkids.ca/training) of our site (www.healthystartkids.ca/training).



www.healthystartkids.ca



Let's make

Spinach Summer Salad

A simple, delicious and healthy recipe for warm summer days.

Ingredients:

- 3 cups baby spinach
- 2 cups fresh fruit (strawberries, raspberries, blueberries, and/or peaches etc.)
- ½ cup yogurt

Directions:

- Wash baby spinach.
- Cut fresh fruit into small pieces and add to spinach.
- Add yogurt and toss salad until everything is coated.
- Serve immediately and enjoy.

Request for Proposal

Healthy Start for Active Kids in New Brunswick



The Réseau Santé en Français de la Saskatchewan and the New Brunswick Gymnastics Association are looking for an organization to coordinate and deliver the Healthy Start for Active Kids (HSAK), a bilingual population health initiative aimed at increasing healthy eating and physical activity opportunities in early years settings.

Proposals must be submitted no later than **August 19, 2019**.

A summary of the New Brunswick initiative and the Request for Proposal (PDF) can be found at the following link:

<https://healthystartkids.ca/category/news/>

Healthy Start for Active Kids Training in Moncton

From May 21 to 24, 2019, Healthy Start offered two two-day workshops (one in French and one in English) in Moncton, New Brunswick. Following this training, 18 early years' practitioners from New Brunswick will now be able to offer the Healthy Start for Active Kids program in the province.



Participants to the English workshop (left) and the French workshop (right).



A Few Numbers:

Since 2013, Healthy Start has trained more than 2,100 educators working in approximately 500 early years centres and kindergardens in Saskatchewan and New Brunswick reaching more than 12,000 children. In New Brunswick, the program was implemented in 36 sites, reaching over 200 early childhood practitioners, 850 children and 1,300 parents.