

Making the Healthy Choice the **Easy** Choice

Fun “On-the-Go” Family Activities

- Go for a walk or wheel as a family
- Run through the sprinkler on a warm day
- Fly a kite on a windy day
- Head to the local park of playground
- Get some sidewalk chalk and try different kinds of hopscotch
- Challenge your child to a game of basketball, tennis or a family softball game
- Create a family scavenger hunt in your house, backyard or neighbourhood
- Teach your child to throw a Frisbee
- Take a walk in the late evening. Go stargazing
- Learn how to play hacky sack together
- Have a family dance party
- Join family programs at your local recreation center
- Play catch in the yard with a variety of soft objects
- Walk to find a spot for a healthy picnic

Adapted from:
<http://healthyalberta.com/ActiveLiving/167.htm>



Snacks-on-the-Go!

A lot of families are busy and on-the-go. It is important to remember to stay healthy by being active and eating healthy foods to give you the energy you need. Snacking can be an important part of healthy eating if you choose the right foods. Use this newsletter to find fun snack and activity ideas for families on the go!

Healthy Snack Tips :

- Choose foods from the four food groups of Eating Right with Canada’s Food Guide.
- Avoid snacks that are high in fat, sugar and salt.
- Plan ahead. Prepare healthy snacks in advance so they are ready to grab and go. Try cutting up vegetables and fruit, and store them in plastic containers for easy snacking.
- Carry healthy snacks to eat when you get hungry away from home. Keep small amounts of nuts, trail mix, or whole grain crackers in the car for after school or between family event snacks.
- Water and low fat milk are the best drink choices to enjoy with snacks.

Adapted from :
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf>

Recipe of the Month



What you need:

- 2 cups Shredded Wheat Cereal (500 mL)
- 2 cups Multigrain Cheerios (500 mL)
- 1 ½ cups chopped dried fruit (375 mL)
- ½ cup whole almonds
- ½ cup pretzels

How to cook:

1. Toss together and enjoy

For more healthy snack-on-the-go ideas visit:

<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf>

Having a healthy road trip:

When on a road remember to pack a cooler full of your families healthiest foods to eat or eat out. Also try having a stretch, walk around the car, or play a game of tag.

