

The food and mental health connection

Good nutrition is essential for physical and mental well-being. Healthy food impacts mood, behaviour, and thinking.

Some tips to help your children eat healthy:

- Offer fruit & veggies more often
- Choose water to drink
- Start each day with breakfast
- Role model healthy eating
- Stock up on healthy snacks

Connect through food

Eating meals together is a great way to connect! Children thrive when they are connected to others.

- Involve your children in planning and preparing family meals
- Cook, eat, and share recipes with others
- Relax with your children over a meal and share the events of the day

Mindfulness and food

Learn about food choices and build a healthy eating routine with your children through mindful eating.

- Together, notice the flavors, textures, and smells of food
- Enjoy food at meal times by putting away distractions and taking your time
- Notice how you feel when you eat healthy food

Connect to traditions through food

Help your children gain a sense of connection through cultural food.

- Celebrate special occasions with cultural foods
- Share with your children the stories behind traditional food
- Together with your children, prepare and eat a new cultural dish and discuss its history and importance

MORE RESOURCES

- [Ways to Wellness Eating Healthy Foods \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/wellness/eating-healthy-foods)
- [Canada's Food Guide](https://www.healthycanadians.gc.ca/food-guide)
- [School Age Nutrition on Vimeo](https://www.youtube.com/watch?v=...)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

