

Information for ELCC and Families

Support Positive Mealtimes

Use these resources to promote positive meal and snack times in your child care, and to support families at home. These resources can help you support children's social connections, learning, and health.

For information on:

Supporting social time

Visit

[Eat Together](#) tip sheet

[Talk Together](#) tip sheet

[Eating Together](#) short video

[Healthy Eating for Parents and Children](#) website

Offering healthy food choices

[Offer Healthy Meals and Snacks](#) short video

[Healthy Drinks, Healthy Kids](#) short video

[Healthy Eating for Young Children](#) tip sheets

[Feeding Tiny Tummies](#) booklet

Creating a child-friendly setting

[Feeding Toddlers and Young Children](#) handout

[Patience Works Better than Pressure](#) short video

Encouraging child learning

[Children Learn by Watching You](#) tip sheet

[Role Model Healthy Eating](#) short video

[Involve Kids in Planning and Preparing Meals](#) website

Supporting positive meal and snack times in your overall program

[Family-Style Meal Service in Child Care Programs](#) handout

[Healthy Eating Starts Here – ELCC: menu planning, recipes, allergies, staff training, policy, healthy eating resources](#) website

Other nutrition websites

[Healthy Eating Starts Here](#)

[Healthy Parents, Healthy Children](#)

[Canada's Food Guide](#)