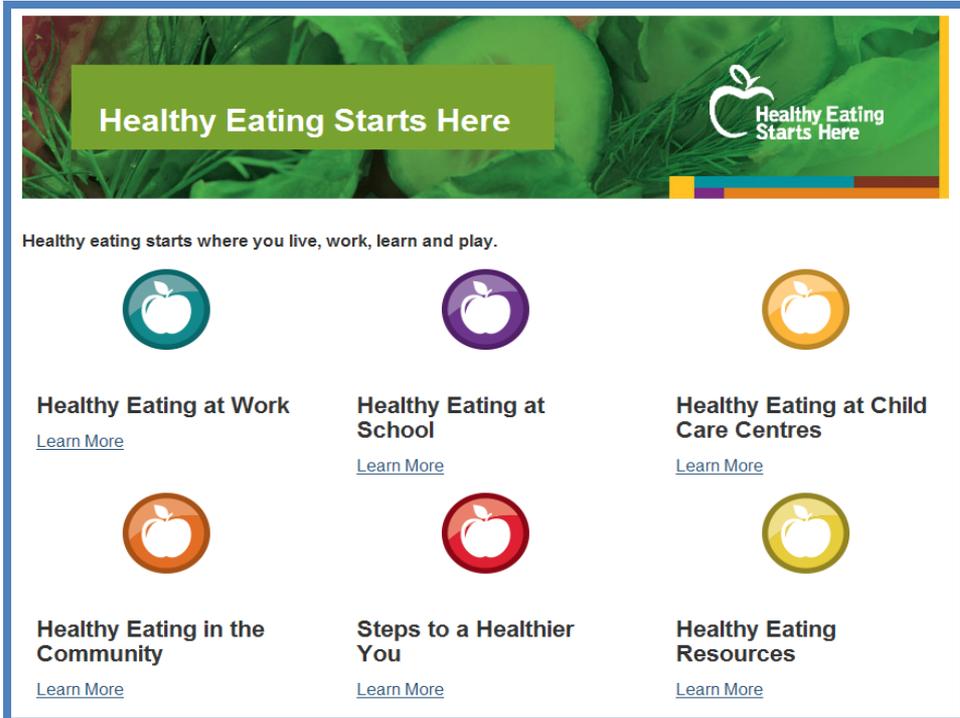


Healthy Eating Starts Here

Whether you are seeking nutrition information, preparing food at home, eating out, or looking for [recipes](#), you will find it all here: Healthyeatingstartshere.ca.



The screenshot shows the homepage of the Healthy Eating Starts Here website. At the top, there is a banner with the text "Healthy Eating Starts Here" and a logo featuring an apple. Below the banner, the text reads "Healthy eating starts where you live, work, learn and play." There are six circular icons, each containing an apple, arranged in two rows of three. Each icon is accompanied by a title and a "Learn More" link. The titles are: "Healthy Eating at Work", "Healthy Eating at School", "Healthy Eating at Child Care Centres", "Healthy Eating in the Community", "Steps to a Healthier You", and "Healthy Eating Resources".

Healthy Eating Starts Here

Healthy eating starts where you live, work, learn and play.

Healthy Eating at Work
[Learn More](#)

Healthy Eating at School
[Learn More](#)

Healthy Eating at Child Care Centres
[Learn More](#)

Healthy Eating in the Community
[Learn More](#)

Steps to a Healthier You
[Learn More](#)

Healthy Eating Resources
[Learn More](#)

Make a Change: One Meal at a Time

**Small changes can
produce big results!**



- No change is too small.
- Small changes are often the most successful.
- See [Steps to a Healthier You](#) on HealthyEatingStartsHere.ca for ideas to inspire healthy eating habits.

