A healthy diet is important to keep your immune system working at its best. There are no single nutrients, vitamins, minerals or natural health products to fight against COVID-19. **Proper hand hygiene** and **physical distancing** are essential to fight against COVID-19.

- Have regular snack times and meal times when possible.
- Involve children in all parts of meal planning, preparation and cleaning up. Be mindful of food safety.
- **Cooking** and preparing food together is a way for children to learn and develop life skills while spending time together. Children can participate by:
  - cleaning and setting the table
  - washing and chopping vegetables or fruits
  - stirring or mixing ingredients
  - helping plan menus and grocery list
- Children ages 8 and up may enjoy activities or recipes from the [Cooking Club Manual for Youth](https://www.ahs.ca/MediaLibrary/Files/2020/03/17/023553/CCM_Youth_2020_03_17.pdf).
- Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store. Use up the food you have with the tips in [Reduce Food Waste](https://www.ahs.ca/MediaLibrary/Files/2020/03/17/023558/ReduceFoodWaste_031720.pdf).
- Use the [Tips to Spend Less Money on Food](https://www.ahs.ca/MediaLibrary/Files/2020/03/17/023559/ReduceFoodCosts_031720.pdf) resource to help plan menus.
- Explore food outside of mealtimes with an activity from the Teaching Tools for Kids (Kindergarten to Grade 6).
- Make mealtime enjoyable with few distractions and light conversations. Try some conversations starters or have the kids suggest topics.

For more information about healthy eating please visit: [https://www.albertahealthservices.ca/nutrition/Page2914.aspx](https://www.albertahealthservices.ca/nutrition/Page2914.aspx)

For more tips and advice for family and home life during COVID-19, visit: [https://www.albertahealthservices.ca/news/Page15439.aspx](https://www.albertahealthservices.ca/news/Page15439.aspx)