

# Supporting Healthy Eating in Children— Resources

*"The goal of raising good eaters is to help children grow up with positive eating attitudes and behaviours; it is not to get them to eat their carrots for today's lunch"*

— Adapted from Ellyn Satter

## School Resources

- Refer to [presentation slides 21 - 26](#) and the following webpages:  
[VCH Supporting healthy eating at school— tools for educators, schools, families](#)  
[NH Healthy Eating at School— tools for educators, schools, families](#)

## Articles and handouts

- [Vegetables: A Kid-friendly approach](#) — Northern Health handout
- [Is Sugar unhealthy for Children](#)— Vancouver Coastal Health article
- [Learning to trust: NH Dietitians share stories about feeding their children](#)— Northern Health article
- [Is Dairy in the New Food Guide?](#) — Vancouver Coastal Health article
- [Finding Reliable Healthy Eating Information on the Internet](#)— online content by Healthlink BC

## Talking about food

*"I had \_\_\_ with dinner last night. It was yummy."*

*"There are no good or bad foods. All foods fit."*

*"Your body needs a variety of food to grow and be active"*

## Ellyn Satter Institute resources

- [Ellyn Satter Institute](#)— Internationally recognized eating & feeding specialists for kids & adults
  - [Positive Mealtimes](#)— short booklet with tools to support healthy eating with young kids
  - [Feeding with Love and Good Sense: 6 through 13 years](#)— booklet with tools for feeding
  - [Feeding with Love and Good Sense: 12 through 18 years](#)— booklet with tools for feeding
  - [The Joy of Eating](#)— Ellyn Satter article to support adults [with](#) eating competence

## General resources

- [Better Together BC](#)— share and learn about cooking & eating together
- Canada's food guide—Tips for [school](#) and [parents](#)
- [Jessie's Legacy](#)— BC eating disorder prevention resources
- [Dietitians at Healthlink BC](#)— Call 8-1-1 or [email](#) for free advice from a dietitian
- [Dietitians of Canada Find a Dietitian](#)— registered dietitians for personalized guidance

*"A meal is not about food; it is about the interchanges and interactions that go on around food. We do not sit at the table only to eat, but to eat together. The social interaction over a meal is as substantive as the nutrition. Through food, we express love. We bring comfort and hope. We forge new relationships and reinforce old bonds. Food reaffirms not only our humanity but the joy of being alive."*

— The Meaning of Food by Marcus Samuelsson

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