

Food Environments

Research shows that our food environments influence the way we eat. Childhood is a time to teach enjoyment of a variety of nutritious foods, to develop good eating habits, and to establish a healthy relationship with food.



Nutritious food choices support healthy growth and development of children!

What is a food environment?

- From where you are standing, take a look around. What do you see for food choices? The food choices that you have access to in one place make up your food environment.
- Try this activity in a variety of places where you live, learn, work or play. What food choices are easily accessible by you? By your children? Would you consider them to be nutritious choices?

Make a goal to have nutritious foods more available and less nutritious foods less available!

Tips to supporting healthy food environments:

- As a parent or leader, it is your role to choose **‘what’** is available. When grocery shopping, leave the less nutritious choice in the store! More nutritious choices will then be the easy choices if they are more accessible in an environment.
- It is also your role to choose **‘when’** and **‘where’** nutritious food choices are available. Host family-based meals around the kitchen table at regular meal times. Remove distractions such as cell phones, T.V. and computers.
- Make snacks count! While snacks are important energy boosters between meals, they are often highly processed and low in nutrients. Have fresh vegetables and fruit washed and cut into snack size portions for easy healthy choices on the run.
- Water is our best thirst quencher! Have water easily available throughout the day.

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References

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