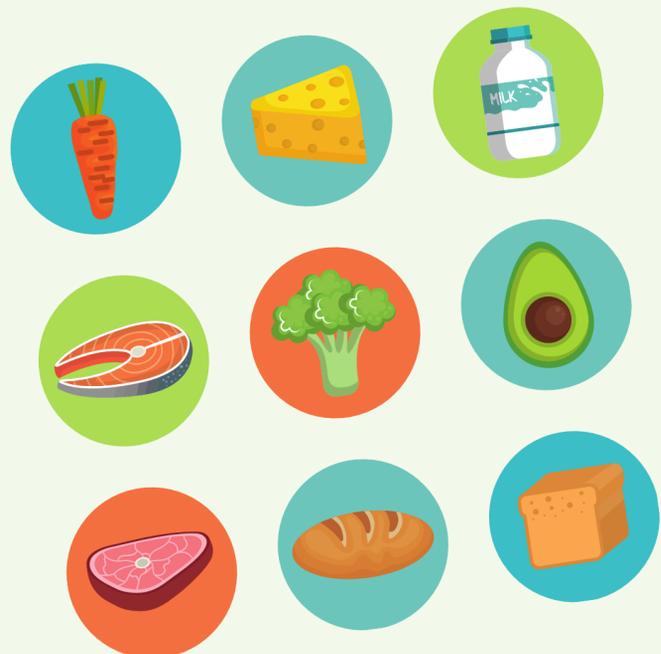


Healthy Habits: Nutrition and Sleep



Snacks are Important!

Eating healthy snacks helps individuals meet daily nutrition requirements, get enough energy, and feel satisfied! Children **require 2-3 snacks a day**.

Healthy Snacking Tips:

- Involve your children in picking out healthier, more nutritious snacks. You can provide several options from each of the food groups (Ex. whole grain crackers, yogurt, fresh fruit) while limiting exposure to processed, sugary foods such as candy, pop, and chips.
- When grocery shopping, stick to the outside areas of the store for fresh products.
- Make sure to have pre-cut fruits and vegetables on hand so they are easily accessible. Add a dip and make it fun!

Tips for Grocery Shopping on a Dime:

- Pay attention to discount days at your local grocery store (ex. 10-15% off your bill first Tuesday of the month)
- Meal planning and creating a list helps you stay on track to only buy what you need.
- Buying frozen fruit and vegetables helps with preserving your groceries longer. They have the exact same nutritional value!
- Check out what is in season and on sale by previewing the weekly flyer.



Lunch Ideas for School (no microwave needed!)

- **Yummy Dippers:** pack hummus for dipping with a whole grain pita, carrot sticks, celery sticks, or apple slices. Add a piece of low fat cheese or a small container of milk.
- **Wraps/Stuffed Pitas:** let your child choose the ingredients for a whole grain tortilla or a few mini pitas. Examples include sliced ham, turkey a meet alternative, cheese, lettuce, tomatoes, peppers, cucumbers. Add a side of fruit.

Healthy Sleep Habits, Happy Child!

Infants (4 to 12 months)	12 to 16 hours
Toddlers (1 to 2 years old)	11 to 14 hours
Children (3 to 5 years old)	10 to 13 hours
Children (6 to 12 years old)	9 to 12 hours
Teenagers (13 to 18 years old)	8 to 10 hours



Lack of sleep can lead to poor behaviour, decreased attention, and difficulty with learning.

Help your children succeed with these tips for a good night sleep!

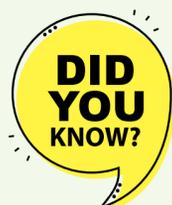
- Keep a routine. This includes setting and maintaining a healthy bed and wake time to meet their sleep recommendations.
- Avoid electronics before bed. Exposing your child's brain to unnatural light before bed can cause issues with falling and staying asleep. Try to encourage winding down with reading or listening to soft music instead.
- Remember that you act as the adult and positive role model. Having firm guidance will help your child to succeed in maintaining healthy sleep habits for life!

For more information, please visit www.albertahealthservices.ca and search nutrition and sleep.

C. Ian McLaren has a lunch and breakfast program!

Each classroom has breakfast items to ensure students who may have not been able to eat before school have a healthy option when they arrive!

Our amazing partnership with **Food For Thought** gives our school a program that provides healthy lunches to any student in need. This a confidential, universal program open to all so please do not hesitate to reach out to your child's teacher if you would like to access or know more about our food programs.



The **community is here with resources** to support your family's needs!

Oilfields Food Bank: 403-612-1291

Located in the Turner Valley United Church
(125 Royal Ave NW, Turner Valley, AB T0L 2A0)

Okotoks Family Resource Centre: 403-995-2626

Located in the Okotoks Health and Wellness Centre.

If you are seeking support with financial commitments, access to health benefits, government programs or are at risk of eviction, please call Sherri & Laura to set up an appointment.