



We prefer to meet our nutritional needs from real nutrient dense foods, however there are times when nutritional supplementation can help. We work with our partners which include local Naturopathic Physicians and Certified Nutritionists, and others in this supportive work.

The art of cooking has largely been lost, but is fundamental to getting the most out of our food. Not only is it economical, but it can provide important and memorable family time together. Teaching children to cook and knowing where their food comes from, encourages a healthy start to their food journey.

Starting a garden and showing your children that food comes from the earth, is a great exercise. Like the food they grow, it promotes fresh air, sunshine, exploring new tastes, and fosters care for the environment. We have provided some resources to help families get the most from their daily food, and help parents raise healthy eaters.



## Recommended Resources

