



# 5 Healthy Living Top Tips

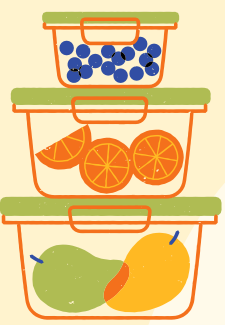
## 1. Make a mealtime routine

- **Eat together** as a family when possible and avoid phones and tablets during eating, to make mealtimes a social occasion
- Provide **age-appropriate** portions on child-sized plates
- Remember it is ok for your child not to finish everything
- Include the children in **meal prep** - this will help to budget and get the children involved in healthy cooking, and you can all learn how to cook from scratch!



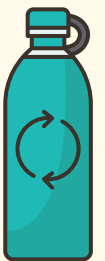
## 2. Create healthy snacking

- Keep **unhealthy options in the cupboard** (out of sight, out of mind)
- **Create a routine**, giving snacks at the same time and place each day (if needed)
- **Preparing snacks** to take when you are out of the house, such as cut-up fruit or vegetable sticks, will be cheaper and stop you buying less healthy options
- Don't use snacks as a **reward**

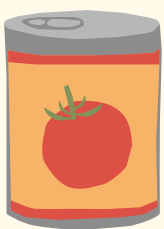


## 3. Drink water

- Put a jug of tap water on the table **at mealtimes**
- Drink water in front of your child to set a good example
- Take a **water bottle** when you're out of the house, and refill as needed so water is always freely available
- Try flavoured water instead of fruit cordials, squashes or fizzy drinks



## 4. Eat fruit & veg (5-a-day)



- **Start the day** well by having fruit or veg at breakfast/morning snack
- **Eat lots of fruit & veg yourself**, in front of your child to encourage them to follow your example
- **Tinned and frozen** options are just as good for you and often cheaper

## 5. Be active

- Seeing you be active yourself will encourage your child to be active too
- Encourage your child to **walk where possible** (e.g - to the park or nursery)
- **Limit** the time you spend in front of **screens**
- **Minimise** the amount of time spent sitting
- Remember, children who can already walk should be active for **at least 1 hour per day** and up to several hours every day



**Try to be a role model,  
keep a routine,  
and keep going !**