

5 keys to success for creating a healthy home environment:

1

Have fruits and vegetables visible and healthy foods readily available. Some ideas include: a fruit bowl on the counter, a veggie tray available after school, or fruits and veggies stored in clear containers in the fridge. Making healthy foods easily available and visible makes it more likely they will be consumed.

2

Avoid having unhealthy snacks or sugary drinks in the house. This includes sodas, juices, sports drinks, juice boxes, etc. Sugary drinks offer no nutritional value. Whole fruits are always more healthful than fruit juices. If these foods or drinks must be in the home, make them inaccessible to kids.

3

Include kids in planning, shopping, or food preparation. Very young children may benefit from having play food to explore. Even toddlers can help with rinsing fruit or veggies or simple tasks like stirring.

4

Promote physical activity as a family. Activities like walking the dog, taking a weekend hike or bike ride, visiting local parks, or participating in structured activities like soccer, dance, gymnastics, etc. can help kids meet their physical activity goals.

5

The earlier and more often these healthy habits are introduced, the more likely they will stick! Continue offering healthy foods (without forcing). Having a set meal and snack schedule can help build structure into the meal routine and make it more likely kids will try new foods.



THE W.E.L.L. CLINIC

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