

March is Nutrition Month!

Simply Cook and Enjoy!



Your kitchen is a classroom where kids can have fun learning about science, literacy, math and most importantly, cooking!

This March Dietitians of Canada are encouraging people to cook more at home. Kids can start to help with cooking at a young age. It doesn't have to be complicated. Here are some tips to get the whole family in the kitchen!

- **Keep it simple!** With small children, start with simple foods such as fruit and yogurt smoothies.
- **Have a family cooking challenge.** Over a week or weekend, each family member picks and prepares a new recipe. After the meal, have everyone rate the dish. You might find a new family favourite!
- **Host a cooking party with family and friends!** Invite a crowd over and instead of cooking for them, cook with them. Make tried and trusted foods or pick a theme such as Mexican Fiesta or Greek Getaway!
- **Make one-pot meals for easy clean up.** Try fajitas cooked on a skillet or stews made in a slow-cooker.

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Online Resources

Visit dietitians.ca to learn more about healthy eating!

Get a daily nutrition tip by downloading the free eaTipster app at eatipster.com.

For recipe ideas download the new Cookspiration app at cookspiration.com.