

Healthy Snacks in Family and Children's Literacy Programs



Providing healthy snacks in family and children's literacy programs is important for

1. Teaching children and families about food, nutrition, and healthy food choices.
2. Providing nourishment for children, so they can learn, grow, and develop to their full potential.
3. Encouraging families to enjoy mealtimes together, and share information and stories with each other.

The following research affirms the importance of healthy snacks in family and children's literacy programs:

- Research shows that there is a strong link between nutrition knowledge and healthy eating. Teaching children to make healthy choices will benefit them as they grow into adulthood.
- Families who eat together develop healthier eating habits. Children and youth who eat at the family table enjoy more fruits and vegetables and eat less fat, soft drinks and fried foods.
- Children and youth who spend more time eating with their families do better in school. Good nutrition also improves concentration and learning.
- Sharing meals gives families time to communicate with each other. Through mealtime conversation, family and cultural traditions about food are passed on, and memories are created. Family meals enhance the health and well-being of children and youth.



Based on *Healthy Snacks in Family Literacy Programming*, by Jacqueline Stickel, School Nutritionist, Food for Thought Project, May 2015, for Saskatchewan Literacy Network.



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