

# Supporting healthy eating at home

Healthy eating at home is the secret ingredient to helping your child grow strong, stay energised, and thrive. Not only does it set them up with positive habits that last a lifetime, it reinforces nutrition education they learn at school.

## Role modelling healthy behaviours

- Children copy what they see! When parents eat nutritious foods, kids are likely to copy
- Model enjoying core foods and balanced meals
- Stay positive about foods

## Mealtime habits

- Have regular, consistent meal times
- Aim for family meals with no TV, phones or other distractions
- Encourage mindful eating recognising hunger and fullness cues

## Shopping & meal prep

- Plan ahead with healthy snacks
- Prepare and portion snacks in advance
- Keep nutritious foods ready to grab
- Involve children in food shopping and food choices

## Make food fun

- Get creative with food preparation and involve children
- Cut food into fun shapes and arrange so it is visually appealing
- Create build-your-own stations
- Offer various flavours and textures

## Healthy communication

- Talk about food in a positive, neutral way
- Avoid calling foods “good” or “bad”
- Focus on how food helps the body feel strong and energetic
- Encourage children to express their likes and dislikes
- Encourage involvement of kids in choosing foods to help build healthy relationships with food



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