

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net

Use this activity to help
your child learn

FAMILY FUN

Food Chart

What You Need:

- Chart
- Stickers or markers

	1	2	3	4	5
Fruits					
Vegetables					
Grains					
Protein					

What To Do:

- Over the weekend, create a chart to keep track of the different kinds of foods your child eats
- For every serving of each food group your child eats, invite him or her to mark the chart
 - For example, if your child eats an apple, mark one serving of fruit
- At the end of the day, review the chart with your child and talk about the different food groups



EAT A VARIETY OF FOODS

Encourage your family to stay healthy by eating a variety of foods

Healthy Eating on a Budget

For many families, it can be difficult to provide healthy meals while staying on budget. Healthy foods can cost more, making it a challenge to purchase a variety of healthy choices. There are several ways to make healthy eating more economical for your family.

Compare Prices and Search for Sales

Use sales or coupons when possible. Compare items to determine the best deal.

Choose Wisely

Some foods are always less expensive. Buy produce in season and look for the best deals.

Buy in Bulk

For non-perishables or foods that you can freeze, buy large quantities and store the extras.

Use Your Leftovers

Serve your leftovers for other meals, or combine ingredients to make a new meal.

Plan Your Meals

Plan your meals for the week before going shopping. See what you already have, and make a list of what you need to buy.

*USDA. (2011). MyPlate: Eating Better on a Budget. Retrieved from <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>