

Program Objectives

Healthy Kids program is created for age groups from 1 to 3, 4 to 12 and 13 to 17, and families,

Increase; healthy eating habits, knowledge of nutritional food, healthy eating practices, traditional diets and activities, healthy weight and weight Management

Increase physical activity level, physical fitness and physical recreation activities
Increase: healthier life style choices

Enhance skills and values of self-care for healthy living
Healthy Kids Program can be accessed by children, youth and families.

**HEALTHY KIDS PROGRAM IS FUNDED
BY
MINISTRY OF HEALTH & LONG TERM
CARE**



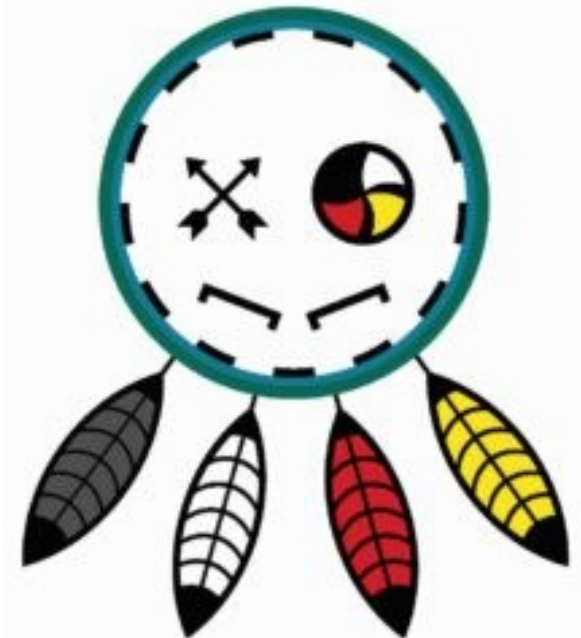
LET'S TEACH THEM TO LIVE A HEALTHY LIFESTYLE



**For more information about
N'Swakamok Native Friendship
Centre
Healthy Kids Program**

**Please Contact:
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Healthy Kids Program



**N'Swakamok Native
Friendship Centre**

Healthy Kids Program

Healthy Kids program is designed to increase awareness and provide education on healthy eating for children. Increase access and availability of healthy food and opportunities to support healthy eating for families. Healthy Kids Program will implement and increase activities that will incorporate traditional activities and physical activity levels through access to recreation facilities, education and activity programs.

Nutrition: cooking classes, nutrition bingo, healthy eating habits

Physical Activities/Physical Fitness: summer/winter sports, yoga, kick boxing, nature walks, exercising, hikes, skating, beach days

After School Programing: cooking classes, peer support groups, fitness, food art

Workshops/Presentations: Nutrition, Healthy Eating, Label Reading, and Eating Healthy on a Budget

Wellness of Children & Families: Peer support groups, talking circles, spiritual wellbeing of children and youth

Culture: traditional teachings given by Elders, traditional cooking & crafts

Social Events: bowling, rock climbing, swimming, workshops, tours, family drop ins



HEALTHY EATING = HEALTHY KIDS

Kid's Healthy Eating Plate



Services provided:

- Nutrition
- Physical Activities Physical Fitness
- After School Programing
- Wellness of Mom, Dad, Youth, Children & Families
- Educational Workshops/ Presentations
- Culture
- Social Events

