

I eat meals with friends and family

I eat in a space meant for eating

I cook often

I enjoy learning new cooking skills

I enjoy grocery shopping

I garden

I take my time when I eat

I cook more often than eating out

I eat with my family

I enjoy the foods I eat

I eat when I am hungry

I pay attention to what, why, and how I eat my food

My family cooks together

I cook and save some for lunches or left overs

Food is an important part of my life

I turn the TV off and put my phone away when I eat

I keep my kitchen stocked with healthy ingredients

Some foods are special to me

I like sharing food traditions

I compare food using nutrition facts labels

I don't rely on food marketing to make decisions about my food

I notice food ads on TV and the internet

I eat lunch with other people

I know how to read a nutrition facts table

I know when foods are being marketed to me

Someone has introduced me to a new food

I look for best before dates on food packaging

I don't rely on food marketing to make decisions about my food

I participate in community celebrations and feasts

I know how to interpret nutrition claims

I look at the ingredient list

I help my family and friends understand food marketing

Wine
 Beer
 Noodles (Ichiban, ramen, Mr. Noodles)
 Cookies
 Candy
 Tortilla chips
 Fruit flavoured drinks
 Pop
 Ice cream
 Hard liquor
 Potato chips
 Bacon
 Cake
 Energy drinks
 Pie
 Gatorade
 French fries
 Garlic sausage
 Hot dog
 Canned processed meat
 100% Real fruit juice

Wild bird
 Cheese
 Yogurt
 Moose
 Rabbit
 Turkey
 Eggs
 Milk
 Peanut butter
 Peanuts
 Cheese slice
 Beef
 Pork chops
 Jerky/Dry meat
 Beans
 Shrimp
 Fish (cooked, fresh, frozen)
 Celery
 Prunes
 Cauliflower
 Onion
 Meat stew
 Chocolate milk
 Caribou
 Buffalo
 Broccoli
 Spinach
 Apples
 Lentils
 Pudding (made with milk)
 Deer
 Cottage cheese
 Grapes
 Peaches
 Fortified soy beverage
 Shellfish
 Chicken
 Ham
 Pizza
 Hamburger soup
 Canned milk
 Brown rice
 Rhubarb
 Berries
 Raisins
 Chicken pot pie
 Cold cereal
 Lasagna
 Carrot
 Frozen or canned fruits/vegetables
 Apple sauce
 Bun
 White rice
 Bannock
 Melon
 Squash
 Wild rice
 Corn
 Pancake
 Turnip
 Pear
 Alphabet soup
 Sweet potato
 White bread
 Pasta
 Fruit cocktail (packed in fruit juice)
 Bagel
 Potato
 Oatmeal/ Porridge
 Whole wheat bread

This Week
 I Have
 Eaten...

