Grab N Go Resources and Activity Ideas: Healthy Snacking 2023

**Canada’s Food Guide Presentation - contact FNIHB**

Alyssa Hoadley: Community Nutritionist

204-583-5817 or Alyssa.Hoadley@sac-isc.gc.ca

**Activity Ideas:**

* Food Guide Game (instructions included on next page)
* Snacker Says Game (instructions included in powerpoint)
* Host a cooking or snack session with discussion around using Canada’s food guide plate to balance snacks (If you need help with ideas for your cooking class contact FNIHB)

**Food Guide Videos:**

* Healthy Snacks Using Canada’s Food Guide: <https://youtu.be/Zj1w42_WhpE>
* Use Canada’s food guide plate to make any meal: <https://youtu.be/hknXiyFwUEA>
* Eat together using Canada’s food guide: <https://www.youtube.com/watch?v=9FG4d-2tECo>

**Web Based Resources:**

**Canada’s Food Guide**

<https://food-guide.canada.ca/en/>

To order a copy of Canada’s Food Guide: <https://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/180594?OpenDocument&lang=eng&>

**Canada’s Food Guide Recipe ideas:**

<https://food-guide.canada.ca/en/recipes/>

**Unlock Food Recipe ideas:**

<https://www.unlockfood.ca/en/Recipes.aspx>

**Cookspiration Recipe Ideas:**

<https://www.cookspiration.com/>

**Kids in the Kitchen Manual:**

<https://nuton.ca/site-files/KIK-Book-Final-s.pdf>

**Alberta Health Services- Healthy Snacking Handout:**

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

**Food Guide Game**

\* This game helps you teach the food guide \*

**What you need**:

* Copies of Canada’s Food Guide
* Food picture cards (or empty food packages)
* 3 pieces of paper for you to write on: One piece of paper write “Have plenty of fruits and vegetables”, second piece of paper write “Eat protein foods”, third piece of paper write “Choose whole grain foods”
* Put a copy of the food guide up on a wall or table, put the pieces of paper around the copy of the food guide

Note: If you have more than 6 people you will need to repeat the steps above for the number of groups you have.

**How to Play**:

1) The objective of the game is for participants to learn which sections on the Canada’s Food Guide plate foods belong.

 2) Divide participants in to groups (maximum of 6 per group).

 3) Have each group stand by or around the copy of the food guide with the pieces of paper around it.

 4) Each group receives a bag filled with “food items”(can be food picture cards or empty food packages).

5) Participants go through each “food item” and place each item on the appropriate piece of paper that represents the places on the food guide plate. NOTE: “Other Foods or Sometimes foods” and “Combination Foods” can be placed off to the side, not on one of the pieces of paper.

6) Once the foods have all been classified, discuss foods that were difficult to categorize or foods in the “Other/Sometimes foods” and “Combination” categories.