

During THE DAY

Activities about nutrition outside mealtimes

"In my Garden"

We will eat these yummy veggies at the end of the summer!

In 2016, over 160 parents, early childhood educators and food managers from 17 First Nations communities in Quebec took part in a study on practices and perceptions surrounding preschoolers' eating habits. This study helped identify behaviours to reinforce in First Nations communities.



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION



illustrations : freepik.com, flaticon.com