



**A HEALTHIER NB:
THIS IS MY
ONE CHANGE**

Janet's one change is for parents and kids to prepare meals together.

"We have a Fun in the Kitchen program, which is actually a summer camp that we do for kids. They learn about nutrition, food labels, all the vitamins and minerals, and the importance of eating healthy. A big part of it is they get to make their own healthy lunch.

They get to realize that healthy food is good—it tastes okay! We have a three bite rule. Some of the food we serve them, they had never been exposed to, but they have to take three bites before they're allowed to say they don't like it. They often find that they don't mind it.

Sometimes they even say 'I don't usually like onions in food, but I like it in this.' Many of them want to make the food they made in class at home.

A lot of parents don't want to spend all their time cooking, they say they want to spend more time with their kids. Well, cooking is something you can do with your kids. It can be an activity."

Janet Hamilton, Moncton