

Resources to Support Reducing Screen Time & Promote Healthy Eating



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This resource list has been developed to provide examples of programs and resources for educators and health promoters to inspire development of interventions, campaigns, tools and resources targeted to parents to reduce screen time, to reduce eating and drinking while using screens and to encourage family meals and involvement in planning and preparing meals. Please note that most of these resources are USA-based and would need to be adapted for the Canadian context.

Encourage Screen-Free Family Meals

Sample Interventions for the Home, School & Community

Device free dinner – Common Sense Media

- Device Free Dinner - Tips, Tools & Activities for Parents - <https://www.commonsensemedia.org/device-free-dinner>
- Device free dinner – Tips, Tools & Activities for Educators - <https://www.commonsense.org/education/toolkit/audience/device-free-dinner-educator-resources>

Screen Free Week – Organizers Kit and Resources for Home, School and Community - www.screenfree.org

- The ultimate screen free-challenge. Organizers kit - <http://www.screenfree.org/wp-content/uploads/2016/02/Organizers-Kit.pdf>
- Family Meals: Let's Bring the Back – Factsheet - <http://www.screenfree.org/wp-content/uploads/2014/04/familymeals.pdf>

Family Dinner Project & 4 Weeks to Better Family Dinners - <https://thefamilydinnerproject.org/>

Reclaiming the Family Table Mealtimes and Children - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Reclaiming-the-Family-Table-Mealtimes-and-Child-He.aspx>

Water Does Wonders - <http://waterdoeswonders.ca/>

Parent & Caregiver Engagement & Support

Canadian Pediatric Society - Screen time and young children: Promoting health and development in a digital world - <http://www.cps.ca/en/documents/position/screen-time-and-young-children>

Canadian Pediatric Society - <http://www.caringforkids.cps.ca/handouts/screen-time-at-home-healthy-habits>

Family Media Plan (US) - <https://www.healthychildren.org/English/media/Pages/default.aspx>

Media Time Calculator (US) - <https://www.healthychildren.org/English/media/Pages/default.aspx#calculator>

Screen time goal setting (US) – <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/reduce-screen-time.pdf>

Tip to reduce screen time - US Department of Health and Human Services - National Heart Lung and Blood Institute - <https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

Family Meal Adventure - US Department of Health and Human Services - National Heart Lung and Blood Institute <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/healthy-adventure.pdf>

Decrease Screen Time - Alliance for a Healthier Generation (US) - https://www.healthiergeneration.org/live_healthier/get_moving/decrease_screen_time/

Replace Screen Time with Planning and Preparing Meals – Healthy Eating, Meal Planning and Cooking

Sample Interventions for the Community

Food Literacy Programming for Children: What's Happening? What Works? NRC Webinar - <http://opha.on.ca/Nutrition-Resource-Centre/Events/Events/2017/NRC-Webinar-Food-literacy-programming-in-children.aspx>

Choose to Boost Veggies and Fruit – Taste it Community Guide and Videos - Middlesex HKCC – <http://hkcc.middlesex.ca>

Let's Cook! Take the Pledge to Cook More Often with Fresh Ingredients. York Region Public Health - <http://bit.ly/2g5RbTG>

Together is Better - Magazine - Durham Region Health Unit- https://www.durham.ca/departments/health/food_nutrition/healthy_eating/togetherIsBetter.pdf

Social Marketing Campaign Backgrounder - Cook Up Some Fun! - York Region Public Health - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Cook-Up-Some-Fun!-Social-Marketing-Campaign-Septem.aspx>

USDA Maximizing the Message – Helping Moms and Kids Make Healthier Food Choices - <https://www.fns.usda.gov/tn/maximizing-message-helping-moms-and-kids-make-healthier-food-choices>

Cooking and Food-Based Education

Adventures in Cooking with Kids Aged 8 - 12 – Leader’s Manual – Thunder Bay District Health Unit - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Leaders-Guide-Adventures-in-Cooking-with-Kids-aged.aspx>

Cook it Up – Preparing Healthy Food - Bright Bites – <http://brightbites.ca/badge/cooking-class/>

Cook it. Try it. Like it! A Guide for Program Leaders - Grades 4-7 – British Columbia - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Cook-it-Try-it-Like-it!-A-Guide-for-Program-Leader.aspx>

Kids in the Kitchen – How to Set up Your Kids Cooking Club – Kids Aged 6 - 11 - Manitoba - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Kids-in-the-Kitchen-%E2%80%93-How-to-Set-up-your-Kids%E2%80%99-Coo.aspx>

Foodland Ontario - Healthy Kids Corner - <https://www.ontario.ca/foodland/page/kids-corner>

Garden-Based Education & Resources

A Guide to School Gardens – Durham Region Health Department - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/A-Guide-to-School-Gardens.aspx>

Cook Grow Eat Resource Guide – HKCC Burlington - www.healthykidsburlon.ca/resources

Community Gardening 101 – FoodShare - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Community-Gardening-101.aspx>

Digging It – A guide for greening school grounds in Peel- <http://www.trca.on.ca/dotAsset/221054.pdf>

Kidsgardening.org (US)- <https://kidsgardening.org/>

Green Thumb Badge – Bright Bites - <http://brightbites.ca/badge/green-thumb/>

Parent Resource Guide for Gardening with Children (US) - <http://www.gardenforever.com/pages/parents-resource-guide-to-gardening-with-children.htm>

Nutrition and Healthy Eating Education & Resources

Paint your Plate with Vegetables and Fruit - Bright Bites – <http://brightbites.ca/badge/paint-your-plate/>

Sip Smart!™ Ontario – Bright Bites – <https://brightbites.ca/badge/sipsmart/>

Water Works – Bright Bites - <https://brightbites.ca/badge/water/>

Freggie Tales – Canadian Produce Marketing Association - <http://freggietales.ca/>

Veggie Mania: Bringing Healthy Eating and Vegetables to Life (Grades 3, 4, 5) – Ontario Agri-Food Education Inc. - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Veggie-Mania-Bringing-healthy-eating-and-vegetable.aspx>

Integrating Healthy Eating and Physical Activity

Eat Right Be Active: A Guide for Parents and Caregivers of Toddlers 12 - 36 months – NRC - <http://opha.on.ca/getmedia/4c9fd7d7-3476-4ffc-a256-208478bca821/ERBA-Eng-Toddler-2016-Final.pdf.aspx>

Eat Right Be Active: A Guide for Parents and Caregivers of Preschoolers Ages 3-5 – NRC - <http://opha.on.ca/getmedia/39999ce2-b66e-4291-b659-435f9000e820/ERBA-Eng-3-5-2015-Final.pdf.aspx>

Eat Right Be Active – A Guide for Parents and Caregivers of Children Ages 6 to 8 – NRC

<http://opha.on.ca/getmedia/8df80cd7-09fe-40bb-84ef-3c04d2113be8/ERBA-Eng-6-8-2015-Final.pdf.aspx>

I Love To Cook and Play Program Manual – Kids Aged 6 – 12 - Ottawa Public Health - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/My-Resources/I-Love-to-Cook-and-Play-Program-Manual.aspx>

Healthy Eating After School Integrating Healthy Eating Into After-School Physical Activity Initiatives – Health Canada

(E) - <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Healthy-Eating-After-School-Integrating-Healthy-Ea.aspx>

(F) - http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/pubs/nutrition/heas-saae/heas-saae-fra.pdf

Parent, Family and Caregiver Engagement and Support

Resources for Children's Nutrition and Cooking with Children of Different Ages - EatRight Ontario

(E) - <https://www.eatrightontario.ca/en/Children.aspx>

(F) - <https://www.eatrightontario.ca/fr/Children.aspx?aliaspath=%2fen%2fChildren>

Children's Nutrition - Cooking and Meal Planning - EatRight Ontario

(E) - <https://www.eatrightontario.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning.aspx>

(F) - <https://www.eatrightontario.ca/fr/Articles/Nutrition-des-enfants/Cuisine-et-planification-des-repas.aspx?aliaspath=%2fen%2fArticles%2fChildrens-Nutrition%2fCooking-and-Meal-Planning>

Nutri_eSTEP – Nutrition Screening Tool for Toddlers (18 – 35 months) Parent Questionnaire-

<http://www.nutritionscreen.ca/toddler/Default.aspx>

Nutri_eSTEP – Nutrition Screening Tool for Preschoolers (3-5 years) Parent Questionnaire

<http://www.nutritionscreen.ca/preschooler/Default.aspx>

Photos and Images

- Healthy Kids Community Challenge – Toolkit - MOHLTC
- USDA Snap-Ed Photo Gallery - <https://snaped.fns.usda.gov/photo-gallery>