

Good Food

PLAN. PREPARE. ENJOY.

SEVEN EASY TIPS

for healthy,
happy, family eating

1

PLAN and PREPARE
meals using mostly
fresh ingredients

2

**USE OILS,
FATS &
SUGAR**
in moderation

3

**TRY TO LIMIT
READY-TO-EAT
FOOD & DRINK**

4

**EAT AT REGULAR
MEALTIMES &
pay attention to
your food instead
of multi-tasking**

5

**EAT
WITH
OTHERS
WHENEVER
POSSIBLE**

6



**PRACTICE, SHARE,
ENJOY and CELEBRATE
your skills in FOOD
PREP!**

7

DECIDE AS A FAMILY
to share cooking responsibilities
and dedicate time for healthy meals

Share your healthy eating tips using #PlanPrepareEnjoy

YORK.CA/GOODFOOD



#PlanPrepareEnjoy


York Region