



**Help your child adopt some healthy habits  
with these activities picked just for you!**

**Sometimes and Always:** Take your child to the grocery store and tell them that you are shopping for “always” foods and “sometimes” foods. Your buggy will be most full of “always” foods. Then, as you go through the store, identify foods such as fruits and vegetables as “always” foods because you can eat those all of the time. Foods such as doughnuts and cookies are “sometimes” foods because they aren’t healthy enough to always be eaten but they still are yummy and can be enjoyed sometimes!

**Fill the pantry:** Now that your children are starting to learn about healthier food choices, they can help fill the pantry with healthier choices. Find photos online or in magazines or take pictures of real items and lay them out on a table. Have your child pick up a picture and ask them to decide if the item is an “always” food or a “sometimes” food. Place a piece of tape on the foods identified as “always” foods and have your child put the picture on the pantry or cabinet door or the refrigerator if the item needs to be kept cold. Foods identified as “sometimes” foods will be placed in a basket. This designation will allow your child to understand the difference between the two types of food.

**Get physical:** Eating certain foods is not the only way to stay healthy. You have to move your body, too! Make exercise a regular part of the day. Maybe you and your child ride bikes or run or even do yoga. Plan something every day that increases you and your child’s heart rate and helps to build muscles!



