



Mealtime Mentoring

Menu Helpers

Where can I turn to get new ideas for menus or recipes?

Evaluating nutrition and food information on the Internet means *thinking* about the information you are given, *asking* questions, and *applying* your own knowledge. On the Internet there are no standards to make sure all information is accurate. Even sites that are generally accurate may have mistakes or misleading advertising.

The following links may be of interest to you. These links are neither endorsed nor recommended; they simply provide you with ideas and may lead you to further resources.

Recipe Books and Links

Simply Great Food by Patricia Chuey M Sc. RD, Eileen Campbell and Mary Sue Waisman M Sc. RD

www.dietitians.ca/public/content/eat_well_live_well/english/cookbooks/simplygr_eatfood.asp

Great Foods Fast by Bev Callaghan RD and Lynn Roblin RD – Dietitians of Canada

www.dietitians.ca/english/kitchen/recipes/gff_recipes.html

Cooking Up Some Fun, Porcupine Health Unit

www.toronto.ca/health/children/pdf/cooking_up_fun.pdf

The Amazing Little Cookbook

www.healthyalberta.com/HealthyEating/319.htm

Pulse Canada

www.pulsecanada.com/recipes

Take Our Pulses Please

www.manitobapulse.ca/pdf/cookbook.pdf

Prince Edward Island Potatoes

www.peipotato.org/english/consumer_recipes.asp

Potato Growers of Alberta

www.albertapotatoes.ca/files/K&C+PGA_v2.pdf



Recipes for Vegetables
www.5to10aday.com/

Healthy Start Recipes
www.wstcoast.org/pdf/healthystart/HealthyStartRecipes.pdf

Information Links and Books

Eating Well with Canada's Food Guide – Health Canada www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Food Guide Serving Tracker with Canada's Food Guide – Health Canada www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suiivi/index-eng.php

Choosing Food with Canada's Food Guide – Health Canada www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/index-eng.php

Caring for Kids
www.caringforkids.cps.ca/

Food Allergy Network
www.foodallergy.org

Anaphylaxis Canada
www.anaphylaxis.ca

Great Food Fast Pantry List – Dietitians of Canada
www.dietitians.ca/public/content/eat_well_live_well/english/menuplanner/AppendixB.asp

Eat Well Play Well
www.dietitians.ca/child/index.asp

Healthy Start for Life
www.dietitians.ca/healthystart/index.asp

Menu planning
www.dietitians.ca/public/content/eat_well_live_well/english/menuplanner/Overview.asp

Saskatchewan Ministry of Health –
www.health.gov.sk.ca/healthy-foods-for-my-school

Saskatchewan Ministry of Education – use the search for “Mealtime Mentoring” sheets online www.education.gov.sk.ca

The following books may be of interest. Check your local public library or public health nutritionist.

Child of Mine: Feeding with Love and Good Sense by Ellyn Satter 2000

Raising Happy, Healthy Weight-Wise Kids by Judy Toews and Nicole Parton, 2001

Better Foods for Kids: Your Essential Guide to Nutrition for all Children from age 2 to 6 by Daina Kalnins and Joanne Saab 2002

Better Baby Food: Your Essential Guide to Nutrition, Feeding and Cooking for All Babies and Toddlers by Daina Kalnins and Joanne Saab 2008



*Helping you provide healthy food and a positive eating environment
in early learning and child care settings.*