



CHILDREN'S  
HOME  
SOCIETY OF  
CALIFORNIA

# Tips for Nutrition

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Presented By  
Children's Home Society of California  
Long Beach Office  
Resource and Referral Program



# Agenda

- Tips for nutrition and making healthy choices
- Quick and convenient snack ideas
- Suggestions for promoting healthier alternatives

# Be a Healthy Role Model for Children

- Show by example
- Go grocery shopping together
- Get creative in the kitchen
- Offer the same foods for everyone
- Reward with attention, not food
- Focus on each other at the table
- Listen to your child
- Limit screen time
- Encourage physical activity
- Be a good food role model

# Convenient Snack Ideas

- Save time by slicing veggies
- Mix it up
- Go for great whole grains
- Snack on protein-rich foods
- Keep an eye on the size
- Have fruit handy
- Consider convenience
- Swap out the sugar
- Prepare homemade goodies

# Cut Back on Your Child's Sweet Treats

- Serve small portions
- Sip smarter
- Use the check out lane that does not display candy
- Chose not to offer sweets as rewards
- Make fruit the first choice
- Make food fun
- Encourage kids to invent new snacks
- Play detective in the grocery aisle
- Make treats “treats,” not everyday foods
- If kids do not eat their meal, they do not need sweets

# Resources

- [Family Education Program Brochure - “Nutrition”](#)
- [www.choosemyplate.org](http://www.choosemyplate.org)

# Thank You for Participating!

- If you have any questions or would like additional resources, please contact the Resource & Referral (R&R) Program or CHS office in your area.

CHS R&R Program or CHS Office	Phone Number/Email
Greater Long Beach Area of Los Angeles County	(562) 256-7490 <a href="mailto:ReferralsLB@chs-ca.org">ReferralsLB@chs-ca.org</a>
Orange County	(714) 543-2273/(949) 364-6605 <a href="mailto:ReferralsOC@chs-ca.org">ReferralsOC@chs-ca.org</a>
San Diego County	(619) 293-3411 <a href="mailto:SDCase@chs-ca.org">SDCase@chs-ca.org</a>
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