

Nutrition and COVID-19: School-aged children

A healthy diet is important to keep your immune system working at its best. There are no single nutrients, vitamins, minerals or natural health products to fight against COVID-19. [Proper hand hygiene](#) and [physical distancing](#) are essential to fight against COVID-19.

- Use the [Eat Well Plate](#) from [Canada's Food Guide](#) to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Have regular snack times and meal times when possible.
- Involve children in all parts of [meal planning](#), preparation and cleaning up. Be mindful of [food safety](#).
- [Cooking](#) and preparing food together is a way for children to learn and develop life skills while spending time [together](#). Children can participate by:
 - cleaning and setting the table
 - washing and chopping vegetables or fruits
 - stirring or mixing ingredients
 - helping plan menus and [grocery list](#)
- Children ages 8 and up may enjoy activities or recipes from the [Cooking Club Manual for Youth](#).
- Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store. Use up the food you have with the tips in [Reduce Food Waste](#).
- Use the [Tips to Spend Less Money on Food](#) resource to help plan menus.
- Explore food outside of mealtimes with an activity from the [Teaching Tools for Kids](#) (Kindergarten to Grade 6).
- Make mealtime [enjoyable](#) with few distractions and [light conversations](#). Try some [conversations starters](#) or have the kids suggest topics.

For more information about healthy eating please visit:

<https://www.albertahealthservices.ca/nutrition/Page2914.aspx>

For more tips and advice for family and home life during COVID-19, visit:

<https://www.albertahealthservices.ca/news/Page15439.aspx>

The following information has been prepared by Registered Dietitians in Alberta Health Services to help Albertans stay healthy during COVID-19. The information below is current as of June 3, 2020.