



Healthy Home Food Environment

Brought to you by:



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Definition - Home

home: |hōm| - *n.*
a place where one lives;
an environment affording
security and happiness; a
valued place considered a
refuge or place of origin.



“A place where you are **happy, safe** and feel **comfortable** in”

Role of Parents in Creating a Healthy Home Environment

- Parents are **role models** to children
- **Advocate** healthy behaviours by doing them yourself too- eat those fruits and vegetables!
- Ensure **healthy food** is frequently available for the child
- **Encourage** your child to eat healthily
- Let your child participate in **physical activities**
- **Limit use of electronic gadgets**
- Create a home that's **safe, clean, and filled with love**



Home Food Environment

Parents can control the availability of these at home:

- Fresh produce- go for **fresh vegetables and fruits** of different colours. Opt for **fish, meat, poultry** rather than processed meat such as sausage and nuggets.
- Other groceries: Try **wholegrain bread, oats and unsweetened cereals**
- Snacks- **Wholegrains, seeds and nuts** as healthier snacks options
- **Kitchen facilities**- ensure that sharp knives are kept safely; kitchen equipment is well-maintained



What's in your pantry?

Sweets/candies

Chips 'keropok'

Sweetened beverages



JUNK FOOD that's laden with sugar, fat, salt, additives and preservatives lack nutrients and minerals

What's in your pantry?



Dried fruits



Wholegrains



Seeds and nuts



Dairy

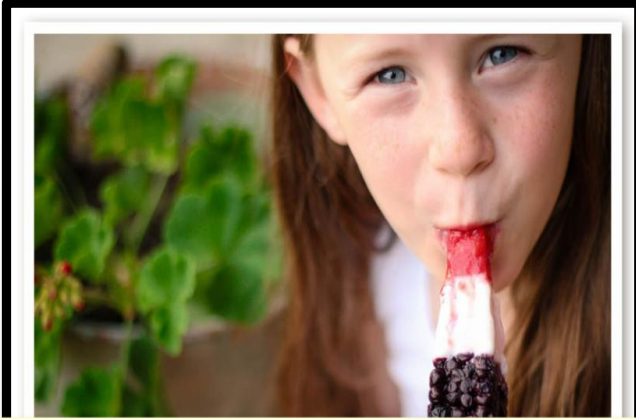
HEALTHY FOOD that is packed with nutrients, vitamins, minerals and fibers are good for general well-being

What's in your fridge?



Go for **fresh real foods** such as vegetables and fruits of different colours. Opt for fish, meat, eggs and cheese. **Avoid processed and prepacked food! Limit use of canned foods and high-fat spreads.**

Make these home friendly



Kids love their fruit popsicles!



Fruit popsicles



Grilled sandwich with vegetables



Vegetable pizza



yogurt



Peanut butter banana sandwich

Other tips for an ideal home food environment



- **Family food rules-** no gadgets at meal times
- Have family meals, communicate and **bond during meal times**
- Limit the **frequency of eating out**
- Healthful food can be **cheap and cost-effective**, contrary to popular belief
- Availability of healthy food – improves child diet quality and **advocates healthy behaviour, which should start from a young age**

Healthy eating tips for kids at home

- ✓ Eat **breakfast**, even on busy days- just grab a banana and go!
- ✓ Let kids help to prepare meals together. Let them see food before it is cooked. Let them **appreciate healthy food**.
- ✓ **Healthy snacking**- carrot sticks, fruit popsicles, chocolate-dipped fruits, sushi, etc.
- ✓ Make meals **creative**- use colours and variety from different food groups such- fruits, vegetables, grains, protein and dairy





**Your diet is a bank account.
Good food choices are good
investments.**

Bethenny Frankel



I believe that parents need to make nutrition education a priority in their home environment. It's crucial for good health and longevity to instill in your children sound eating habits from an early age.

— *Cat Cora* —

AZ QUOTES



Home is where
the (healthy)
food is



Thank You

