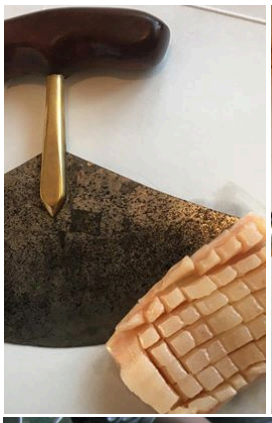
STRONG BREAKFAST FOODS

keep you strong all day

Arviat Aqqiumavvik Society

COUNTRY FOODS ARE STRONGER

… AND CHEAPER



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SNACK STRONG

DON'T SNACK WEAK

STRONG FOODS - STRONG BODIES
STRONG MINDS - STRONG SPIRITS

Strong foods are easy to recognize. They do not come in a box and have not been changed by someone. They are fresh from the land. All country foods are strong foods, but all vegetables and fruits are also strong foods that keep our bodies healthy.

Choose healthy snacks for your children from the strong food selection of nuts, vegetables, fruits, meats, cheeses and other milk products.

Strong foods contain vitamins and minerals to help build strong bodies. These are often called the ABC foods. Kids need to get a good helping from all of the strong foods in order to eat strong, live long and pass it on!

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STRONG MINDS - STRONG SPIRITS

Our bodies need water before they need food. That's because about 2/3rds of our body is water. It's **important** that we make sure that 2/3rds of what our children drink is also water because that is what growing bodies need.

Drinks that contain mostly sugar are **NOT** healthy drinks. Sugar drinks cause tooth decay, make our kids tired and unhappy or give them hyper-energy for a while, but then they crash and feel miserable.

NEVER think that an energy drink will help your child. These drinks are **NOT** for kids and contain things that are very harmful for children. Even adults seldom need these drinks. They are only for use after a very strenuous workout like playing hockey for several hours.