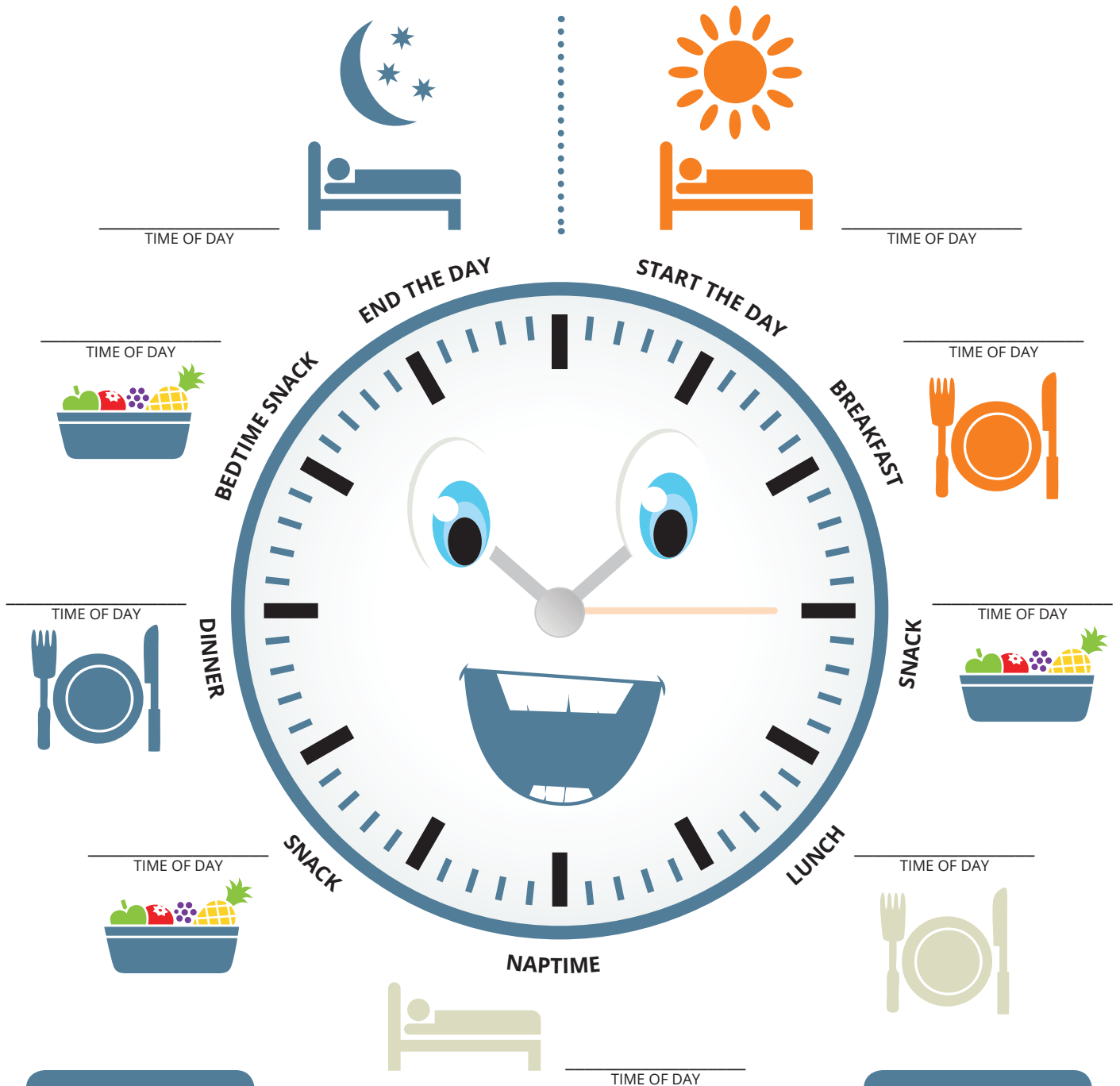




First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Eating Routine for Young Children



MILK WITH MEALS

**Offering food only at regular meal and snack times provides nutrition for busy, growing bodies and helps keep teeth healthy!**



WATER WITH SNACKS