

Organization	Details	Website
ActNow BC	Comprehensive information on healthy eating and active living for schools, families, and individuals.	www.actnowbc.ca
Childhood Obesity Foundation	Detailed information about the problem of childhood obesity and resources for families and caregivers.	www.childhoodobesityfoundation.ca
Dairy Farmers of Canada	Great recipes and information.	http://www.dairygoodness.ca/en/consumers/home.htm
Dietitians of Canada	Great website of healthy eating information, virtual grocery tour, eattracker etc.	www.dietitians.ca
Dial-A-Dietitian	Excellent website for nutrition information and links for all ages and food related health concerns.	www.dialadietitian.org
Ellyn Satter	Excellent website for parents to access practical information on feeding children of all types and all ages.	www.ellynsatter.com
Healthy Eating is in Store for You	Excellent website to help you understand the labelling information on our foods.	www.healthyeatingisinstore.ca
Health Canada	Information about food and nutrition.	http://www.hc-sc.gc.ca/fn-an/index-eng.php
KidsHealth	Great nutrition and health info for parents and kids.	www.kidshealth.org
Kidnetic	Fun website for kids to learn about healthy food and activity in an interactive way.	www.kidnetic.com
Public Health Agency of Canada – Health Promotion	Health information for all ages.	http://www.phac-aspc.gc.ca/hp-ps/index-eng.php
Public Health Agency of Canada – Healthy Living Unit	Information about regular physical activity.	http://www.phac-aspc.gc.ca/pau-uap/fitness/index.html
Virtual Grocery Store	Interactive game about making healthy choices when grocery shopping.	http://www.healthyeatingisinstore.ca/virtual_grocery.asp