



## ESTABLISHING HEALTHY EATING HABITS

### HOW WE TURNED FOOD ALLERGIES INTO A HEALTHIER LIFESTYLE

#### NO PEANUTS PLEASE

Peanuts products are not allowed in our home because we need to keep **Sosi Safe**. Recently, Sosi passed her "baked milk" challenge, (yeah!) so we have slowly began integrating a few baked milk options into our weekly meal plans. I make most our food from scratch and use organic food sources as often as possible.

Outside of my *momlife*, I am a college professor, elementary school teacher, and a sewist-in-training.

I have witnessed a child's diet affect their ability to function during the day. If you want to improve your child's sleep, behaviour, and readiness for school, it is time to take control of the foods they eat. I love to share our meals and recipes and follow other parents who take the time to prepare healthy options.

#### PREPARATION IS KEY

Each week I have my main meals planned out as well as the **homemade snacks**. This way I am able to keep our eating on track without resorting to spaghetti and meatballs every night. Although, I do not think my children would mind! I plan in two week intervals, bake "snacks" on Sunday and Wednesday, and create new recipes as often as possible. I stock up on dry good essentials and grocery shop once a week for seasonal fresh fruits and vegetables. I use frozen vegetables a lot, pretty much every single day.

I work each day to make creative meal plans that busy people can easily prepare for their families. If you would like more ideas please feel free to join our community at [www.sosisafe.com](http://www.sosisafe.com).



#### 5 QUESTIONS I ASK AT EVERY MEAL

\*As a dairy free family we have to take extra care to make sure we meet the daily recommendations for calcium.

What is the calcium source\*?

Healthy fat option?

Is there a green vegetable?

Fresh or frozen fruit?

Animal or plant based protein?