



Healthy Eating Guide for Families



Community Action
WITH THE



This month is the perfect time to reset and refocus on nutrition before the busy holiday season begins. With cooler weather, seasonal produce, and family activities, it's easier than ever to build healthy eating habits that last. This guide will help you make small, sustainable changes to keep your family nourished and energized all month long.

Engage in Healthy Food Activities

Instead of relying on processed snacks or sugary treats, make healthy eating fun by involving the whole family:

- Visit a local farmers' market and pick out seasonal fruits and veggies together.
- Try new recipes featuring fall favorites like pumpkin, sweet potatoes, and apples.
- Host a "family cook night" where everyone helps prepare a nutritious meal.



Mindful Eating & Portion Awareness

Encourage your family to listen to their bodies and eat with intention.

- Serve meals in smaller portions and go back for seconds only if still hungry.
- Eat slowly and without distractions (like TV or phones) to support digestion.
- Make family meals a time to connect and talk about the day.

Set Healthy Limits on Treats

With holidays around the corner, sugary snacks can start to sneak in. Set a family plan:

- Choose one day a week for a special treat, and enjoy it mindfully.
- Swap candy and processed desserts for fruit-based sweets, homemade granola, or protein bites.
- Encourage kids to choose their favorite treats and trade the rest for a fun activity or outing.



**Kids Nutrition
Guide book**

Healthy Swap Ideas

Make healthy eating exciting with fun swaps that don't feel restrictive:

1. **Snack Swap:** Replace chips and candy with Purium protein bars, fruit and nut mixes, or homemade energy bites.
2. **Smoothie Time:** Create delicious fall-themed smoothies using Purium greens or seasonal flavors.
3. **DIY Snack Station:** Let kids build their own trail mix or yogurt parfait using wholesome ingredients.
4. **Recipe Challenges:** Pick a new healthy recipe to try as a family each week.
5. **Activity Trade:** Trade dessert nights for fun outings like nature walks, bike rides, or a family game night.

Seasonal Inspiration

Harvest brings nutrient-rich options that make healthy eating easy:

- **Pumpkin & Squash:** Great for soups, baking, or smoothies.
- **Apples & Pears:** Naturally sweet and perfect for snacking or baking without added sugar.
- **Leafy Greens:** Kale, spinach, and Swiss chard are in season and packed with vitamins.

Make It a Monthly Wellness Challenge

Turn this month into a family wellness challenge!

- Set goals like “5 fruits and veggies a day” or “drink half your body weight in ounces of water.”
- Track progress together on a calendar or chart.
- Celebrate milestones with non-food rewards like a fun day trip or a new family activity.



Nourish, Don't Indulge

In a world overflowing with processed foods and sugary temptations, seeing children reach for wholesome fruits, veggies, and nutrient-rich snacks is truly something to celebrate. This growing shift toward mindful, balanced choices not only supports immediate well-being but also lays the groundwork for a lifetime of vibrant health.

In today's convenience-driven food landscape, a child eagerly enjoying apple slices, carrot sticks, or a smoothie packed with greens is a refreshing reminder of the power of nutrition. It shows how small, intentional choices can shape lifelong habits — supporting everything from strong bones and steady energy to a resilient immune system.

Raising Healthy Kids with Intention

The rise of healthier eating among children challenges the outdated notion that nutritious foods are boring or bland. With a little creativity, fruits and vegetables can be just as exciting as any processed snack. Think colorful fruit skewers, veggie-packed dips, or fun DIY smoothie stations, all delicious ways to make nutrition engaging and enjoyable.

Creating a positive food environment at home and in schools is key. Education about nutrition, seasonal eating, and where food comes from empowers kids to make informed choices and build a healthy relationship with food. These conversations not only teach valuable skills but also foster curiosity and confidence around eating well.

When kids share their enthusiasm for wholesome foods with friends, that excitement becomes contagious. Suddenly, snack time isn't just about satisfying hunger; it's about exploring flavors, learning about nourishment, and celebrating the benefits of eating close to nature.



Building a Future of Wellness

Every small choice, choosing fresh produce over processed snacks, enjoying water instead of soda, or preparing meals together as a family, contributes to a healthier future. These everyday habits are the foundation of a society that values wellness, balance, and mindful living from an early age.

It's a collective effort worth celebrating: one that nurtures stronger bodies, sharper minds, and a deeper connection to the foods that sustain us.



For support on your family's nutrition journey:

Transform your health one meal at a time.

Contact your Purium Brand Partner to learn more or to start your wellness journey today.

