

# Welcome to Whānau Pakari

## Tips to get you started!

### 1. You are a role model



Kids eat better when they eat with you



Active parents encourage active children

### 2. Eat more fruit and veges



Make half the plate vegetables

### 3. Check portion size

Adults size portions for adults  
& kids size portions for kids

1 child's portion = your child's hand size



### 4. Be active everyday in every way



Limit total screen time to 2 hours or less a day

### 5. Drink water or milk



**If you have any questions please contact:**

Whānau Pakari Healthy Lifestyle Programme.

Child and Adolescent Community Centre, Tukapa Street, New Plymouth

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