



**Ideas for keeping children busy in the kitchen**

<b>Resource</b>	<b>Description</b>	<b>Website</b>
<b>Super Healthy Kids</b>	Developing children's kitchen skills including kitchen chores by age, recipes children can prepare independently, healthy snack ideas, and kitchen safety tips to teach children	<a href="https://www.superhealthykids.com/healthy-home/kids-kitchen-skills/">https://www.superhealthykids.com/healthy-home/kids-kitchen-skills/</a>
<b>Unlock Food and Essential Kids</b>	How to include children in cooking at various ages	<a href="https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx">https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx</a>  <a href="http://www.essentialkids.com.au/food/nutrition/agebyage-guide-to-what-kids-can-do-in-the-kitchen-20180611-h1199q">http://www.essentialkids.com.au/food/nutrition/agebyage-guide-to-what-kids-can-do-in-the-kitchen-20180611-h1199q</a>
<b>Dairy Farmers of Manitoba</b>	Recipes children can prepare independently or with assistance	<a href="https://www.milk.mb.ca/recipe-category/kids-cook-2/">https://www.milk.mb.ca/recipe-category/kids-cook-2/</a>
<b>Rock What You Got</b>	Recipes that prevent food waste	<a href="https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf">https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf</a>