



Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

www.nutritionscreen.ca

Are you a parent or caregiver with a young child?

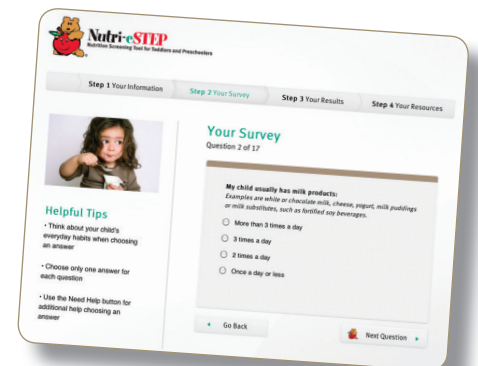
Do you want to know how your child is doing with daily habits?



Nutri-eSTEP is a fast and simple way to find out if your toddler (18 to 35 months) or preschooler (3 to 5 years) is a healthy eater and to get feedback.

How does Nutri-eSTEP work?

1. Visit www.nutritionscreen.ca and select the toddler or preschooler questionnaire.
2. Answer 17 short **NutriSTEP**® questions about your child's eating and activity habits – it takes less than 10 minutes.
3. Get immediate personalized feedback!



Why is it important?

Healthy habits at a young age build lifelong patterns for healthy growth and development.

Nutri-eSTEP helps you

Find out what is going well for you and your child.
Get tips on how to improve eating and activity habits.
Link to trusted nutrition resources, tools and recipes.

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After completing the NutriSTEP® questionnaire

- ✓ Print off your survey results
- ✓ See how you and your child are doing
- ✓ Visit the links to credible nutrition articles, tools and community services
- ✓ Try some new recipes
- ✓ Re-visit Nutri-eSTEP to track your progress

Have questions? Looking for a Dietitian?

For yourself, your child, a family member, or your organization?

Talk with a registered dietitian at a provincial call centre:

- **In British Columbia** 8-1-1
- **In Manitoba** 1-877-830-2892 or 204-788-8248 in Winnipeg
- **In Newfoundland and Labrador** 8-1-1
- **In Ontario** 1-866-797-0000

Health centres and physician offices may be able to provide dietitian services.

Find dietitians in private practice:
www.dietitians.ca/find



Connect with UnlockFood.ca

UnlockFood.ca is an award winning website and your go-to place for easy to understand nutrition advice, nutritious recipes, videos and interactive healthy eating tools. Brought to you by Dietitians of Canada. Stay up to date. Sign up for the monthly eNewsletter. Visit www.unlockfood.ca/eNews.

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This online tool has been developed by nutrition researchers and registered dietitians with input from parents. The tool is meant to help families eat well and build healthy habits. NutriSTEP name and logo are ©Registered trademark of Sudbury & District Health Unit (Ontario).