



Nutri-eSTEP
Nutrition Screening Tool for Toddlers and Preschoolers



EatRight Ontario
Talk to a Registered Dietitian for FREE!
1-877-510-510-2 | www.eatrightontario.ca

www.nutritionscreen.ca

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?

If you live in Ontario, contact EatRight Ontario to talk to a Registered Dietitian for **FREE** at 1-877-510-510-2

The dietitians at EatRight Ontario can

- answer your questions about healthy eating and feeding challenges with young children
- provide you with sample meal plans for toddlers and preschoolers
- send you factsheets, such as How to Build a Healthy Preschooler or Toddler, Feeding Your Picky Preschooler or Toddler
- help you find dietitians and other helpful services in your community
- offer service in over 100 languages

Just call and ask

Visit www.eatrightontario.ca/en/Children to find healthy eating articles and child-friendly recipes



Video: Sample
EatRight Ontario call

Brought to you by



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 trademarks of Sudbury & District Health Unit. Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.



Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

Telehealth Ontario: 1-866-797-0000
Get free advice from a registered dietitian on
nutrition and healthy eating by phone.

Dietitians of Canada

For more nutrition information, go to
www.UnlockFood.ca

www.nutritionscreen.ca

Are you a parent or caregiver with a young child?

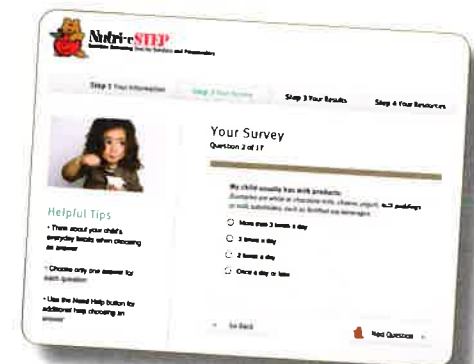
Do you want to know how your child is doing with daily habits?



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.

Brought to you by



NutriSTEP® name and logo are Registered trademarks of Sudbury & District Health Unit.