



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal



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Valentine's
Day*



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Community and Residents Associations

Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1
403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

info@roeha.ca • www.roeha.ca

The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com
Website: cascadesroyaloak.com

Elected Officials

Ward 1 Councillor: Sonya Sharp
403-268-2430
ward1@calgary.ca

MLA: Sonya Savage
403-297-7104
calgary.northwest@assembly.ab.ca

MP: Pat Kelly, Calgary Rocky Ridge
403-282-7980
pat.kelly@parl.gc.ca

Editor & Article Submissionseditor@suburbanjournals.ca
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Phil: 403-660-7324phil@suburbanjournals.ca
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Councillor Report

Hello Ward 1! I hope everyone had a great start to the year in January.

A reminder that you are welcome to get in touch with my office anytime with questions or to share your feedback on issues affecting our City. I continue to read every message the office receives. For specific concerns with City services, the best place to start is by calling 311 or submitting a service request at calgary.ca/311.

Property assessment notices were mailed in January. Questions or concerns? You can learn more by visiting calgary.ca/assessment or by calling the Assessment department directly at 403-268-2888. The City's

Customer Review Period runs from now until March 13. The City is encouraging Calgarians to go paperless and receive their assessment notices online. Sign up before March for your chance to win one of twelve Visa gift cards valued at \$250 each. Visit calgary.ca/paperless to learn more.

The City's Planning & Development service counter has returned to the Municipal Building following damage during an incident last year. You can visit for assistance with trade permits, business licences, development and building applications, and more. Applications can also be submitted online at apply.calgary.ca.

New public access is coming soon for Haskayne Legacy Park. The City has reached an agreement with adjacent landowners to allow access to this great outdoor space in Ward 1. Access should be completed in mid-2023.

Speaking of access, temporary access has now been restored on the pathway between Valley Ridge and Bowness Park with a permanent fix expected later this year.

Sonya Sharp, Councillor, Ward 1



Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA. Please check out our website at www.rrroca.org for all volunteer opportunities.



Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, tball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

Time Commitment: Minimum 10 hours/month, will vary based on scheduled programming

Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

Time commitment: 10-20 hours/month

Membership Chair

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to implement opportunities of benefits for membership.

Time commitment: Approx 10 hours a month

Safety & Security Chair

The Safety & Security Chair educates and liaises with the community to reduce crime, promote awareness of safety-oriented initiatives, helps to identify needs of the community and work to solve or educate residents in order to encourage behaviours to ensure safety and security. Time commitment: 8-10 hours a month

Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up.

Time commitment: Approximately 2-5 hours/month (not including event attendance)

Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. gain valuable volunteering experience and essential work skills;
2. know the first-hand community news;
3. get the RRROCA membership (\$30) or one sport registration for free (~\$50 or \$65) annually;
4. the most important: help us to build a thriving community

DID YOU KNOW?

RRROCA has partnered with local businesses to bring product/services discounts to their members.

The list continues to grow. Check out current discounts here:

https://rrroca.org/en/businesses_discount/



Calgary Area Girl Guides Wichewakn District

200th Sparks are learning and exploring what it means to be a Spark! We have talked about fire safety and taken a trip to the fire hall, learned how to sell cookies by going door to door, discovered what is important to be a friend by playing games and here the pictures of our learning to be scientists.

There is still time to join us this guiding year. Our district serves Arbour Lake, Bearspaw, Citadel, Hawkwood, Ranchlands, Royal Oak, and Rocky Ridge. If you have any questions, please feel free to reach out at any-calgarywichewakn@girlguides.ca. Thank you.

3D Digital Calgary: Online Map Shows Calgary Building Structures in 3D

Explore your neighborhood and Calgary in a new way. The 3D Digital Calgary map shows 3D building wireframes for all exterior building structures in Calgary, ground elevation and capabilities such as shadow casting. This map is located at <https://maps.calgary.ca/3ddigitalcalgary/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

City of Calgary



Want to receive emails about any volunteer opportunities for the community association?

Please email volunteerlead@rrroca.org to sign up.



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Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at rrroca.org to sign up for a membership, or email membership@rrroca.org if you have any questions.

Benefits of RRROCA Membership

Here are some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at www.rrroca.org to review the active offerings. **

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team at membership@rrroca.org.

RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30 New membership Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ Phone #: _____

Email*: _____

* Please note e-mail is used to communicate your membership number. If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? Yes No

Send form and cheque to: **RRROCA Membership**
P.O. Box 91009, RPO Royal Oak
Calgary, AB T3G 5W6

Important Phone Numbers

If you require emergency supports to meet basic needs, income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.





ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

www.rrrha.ca info@rrrha.ca

Office Hours

Updates to office hours are available online.

The office will be closed on
February 21st for Family Day.

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

News from the Board of Directors:

We want to meet you! Every second month starting in February we would like to offer the opportunity for our members to come in and chat with us. Let us know your thoughts on what you would like to see happening, what things you would like to see improvements on, and ask any questions you may have directly to the Board.

Join us on February 15th from 6:30 – 7:00 p.m. There will be a gift card draw for those that attend!

Executive Directors:

President - Mary Nelson

Vice President- John McCrudden

Treasurer – Margaret Kennedy

Secretary - Heather Ponte

Rocky Ridge Prime Timers:

Are you retired? Semi-retired? Not retired but looking for a way to connect with your neighbours and fellow members? The “Prime Timers” is a group that was created to facilitate the invitation, friendship and connection of seniors within Rocky Ridge and adjacent communities. We meet on Tuesday afternoons from 1:00 – 4:00pm at the Ranch Centre. Get to know your senior neighbours by joining us for conversation, coffee, games and to plan group outings and activities. Suggestions are welcome!

Information about Annual Invoices, Winter Programs and Events are available on our website.

Ice Skating:

At the time of submission, the lake was frozen and open for skating. Please be sure to check our website frequently as ice updates will be posted there on a regular basis, as well as on our social media sites (Facebook and Facebook members page). At any time, if there are “stay off the ice” indicators please do not approach the ice as the conditions may have deteriorated and be unsafe, or our crew may be grooming the surface.

Communication and Engagement:

Are you on our email list? Do you want to get regular updates about Ranch happenings in your inbox? Email us at info@rrrha.ca and let us know that you want to be added to the contact list.

Did you know that we have a members Facebook page? Look for the Rocky Ridge Ranch Homeowners Association page and submit a request to be added. You must provide your home address to verify that you are an encumbered member as this is not an open group. Please note that there is 100% confidentiality as only the administrators of the page can see the response.

2023 Events:

Keep these dates marked on your calendar, and stay tuned for details as we approach the various events as specifics regarding times and rsvp/registration requirements may change.

March 4th: Winterfest 1-3pm

April 1: Easter Party 1-3pm

May 13 or 27: Young Entrepreneur’s Market and Used Clothing/toy sale 10-2pm

July: Stampede BBQ July

October 28: Halloween Party 1-3pm

November 25: Christmas Market 10-2pm

December 9: Christmas Party (tba)

If you are interested in volunteering, please contact the office and let us know!

WINTER PROGRAMS

The session will run from January to March. Registration is available online at www.rrrha.ca or through the office. Please visit our website for the full details and class descriptions.

PILATES

Mondays w/Laurie 7 classes
Time: 6:30pm - 7:30 pm
January 9th – February 27th (excluding February 20th)
Cost: \$105.00 (member); \$115.00 (non-member)
Minimum 5 participants

PILATES

Mondays w/Laurie 8 classes
Time: 6:30pm - 7:30 pm
March 27th – May 15th
Cost: \$120.00 (member); \$130.00 (non-member)
Minimum 5 participants

THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha 12 classes
Time: 7:30pm – 9:00pm
January 10th – March 28th
\$190.00 (member); \$210.00 (non-member)
Minimum 7 participants

50+ YOGA

Wednesdays w/ Vanitha 12 classes
Time: 10:00am – 11:30am
January 11th – March 29th
Cost: \$190.00 (member); \$210.00 (non-member)
Minimum 7 participants

HATHA YOGA – ALL LEVELS

Thursdays w/ Vanitha 12 classes

Child Writers Wanted!

Do you have a child or teen at home who enjoys writing? Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general. Did you know that RRROCA has a number of teens volunteering within our committees today? It is such a great experience for all involved and we'd love to get more youth engaged. If this is something of interest for your child, please reach out to the Communications team at communications@rrroca.org.



January 12th – March 30th
Time: 9:00am - 10:30am
Cost: \$190.00 (member); \$210.00 (non-member)
Minimum 7 participants

OTHER PROGRAMS AT THE RANCH

CALGARY GOJUKAI KARATE: Please visit <http://calgarygojukai.com/> to sign up for child and adult Karate classes.

DEBORAH LAXTON SCHOOL OF DANCE:

To register for child and adult dance lessons visit: <https://deborahlaxtondance.com/>

ROCKY RIDGE PRIME TIMERS: Join the rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

SPORTBALL: Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Please visit <https://www.sportball.ca/calgary/to/register>.

STAY INFORMED

Important information, updates or alerts will be flagged up on our website: www.rrrha.ca, our Facebook page: <https://www.facebook.com/groups/1747696902175263/>, or direct to your email address by way of mass emails. If you wish to be added to the email list, please notify us at info@rrrha.ca

Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

Our Winter Olympic Legacy

You don't have to know who Hidy and Howdy are to appreciate the legacy of Calgary's 1988 XV Winter Olympic Games. Thirty-five years later, it may surprise you to know that three of the four most enduring sites are listed on our city's Inventory of Evaluated Historic Resources.

The games' motto, "Coming Together in Calgary" with the five interlocking Olympic rings, are as relevant today as they were then. Anyone growing up in the post-Olympic era will appreciate the winter recreation opportunities that these world-class facilities continue to provide – from public skating to downhill and alpine sports and, of course, spectator events like hockey.

Honoring our Olympic heritage, goes well beyond



Canada Olympic Park on the former Paskapoo Ski Hill, was the primary venue for ski jumping, bobsleigh, and luge. Today it has evolved into WinSport, a comprehensive recreation, elite training, competition and event centre with arenas and summer mountain biking tracks.



Calgary Olympic Plaza was the site of the Medal Presentation Ceremonies. The design included an amphitheatre surrounded on 3 sides by terraces with stairs, a fountain, flooding of the plaza for a reflective pool in summer and skating in winter, and a Legacy Wall for Olympic plaques. The Plaza was paved with 22,000 bricks inscribed with the names of donors to Olympic events. Today it remains a significant civic gathering place.

nostalgia. It demonstrates how historic properties can and should continue to adapt to be relevant and useful to future generations, while sharing stories of the community spirit that made them happen.

By the way, Hidy and Howdy, the games' first couple mascots, were named to represent the region's hospitality by a citizens' jury following a contest organised by Calgary Zoo that attracted almost 7,000 entries. Wearing western-style outfits, sibling polar bears, a symbol of Canada's north, typified winter activity as they do not hibernate.

Karen Paul is a Director of the Calgary Heritage Initiative Society.

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* **YYC.org**



The Olympic Speed Skating Oval was designed in the modernist Expressionist architectural style. Constructed in 1985-87 on the University of Calgary Campus, it was the first fully enclosed facility to be built in North America. Its water purification system produces superior ice quality, resulting in over 150 world records. Today, it is the official training centre for the Canadian National Speed Skating team and Speed Skating Canada. It also has two ice hockey surfaces and indoor running tracks.



Construction of the Saddledome, the home of the Flames, began before the Olympics were awarded in 1981, adding credibility to Calgary's bid for the games. With its iconic hyperbolic paraboloid roof form, it was the principal venue for ice hockey and figure skating competitions. The building is near the end of its safe and useful lifespan and will likely be replaced with a new arena and concert venue in the near future.

Free, Online Workshops Available to Albertans

Need a wellness boost in 2023? Wellness Exchange is a series of skill-building workshops offered by Alberta Health Services. The workshops are designed to help increase a person's ability to cope with change, build resilience, and improve their overall well-being.

Topics include problem-solving, positive activities, managing reactions, helpful thinking, and healthy connections.

The classes are free and online, and feature five topics related to wellness (one topic per week.) Adults interested in learning skills to cope with change and deal with stress can register for any or all topics of interest.



Week 4 Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful thinking to more helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

- Wed., Feb. 15 from 6:30 to 8 p.m.
- Thurs., May 4 from 1:30 – 3 p.m.

Week 5 Healthy Connections

Connecting with others helps us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

- Wed., Feb. 22 from 6:30 to 8 p.m.
- Thurs., May 11 from 1:30 – 3 p.m.

For more information, please email AHSWellnessExchange@ahs.ca.

Alberta Health Services

Week 1 Problem-Solving

It's important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, influence what we can, and increase our confidence in the decisions that we make

- Wed., Jan. 25 from 6:30 to 8 p.m.
- Thurs., April 13 from 1:30 to 3 p.m.

Week 2 Positive Activities

Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

- Wed., Feb. 1 from 6:30 to 8 p.m.
- Thurs., April 20 from 1:30 to 3 p.m.

Week 3 Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

- Wed., Feb. 8 from 6:30 to 8 p.m.
- Thurs., April 27 from 1:30 to 3 p.m.



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Get Outside—Safely—This Winter

Getting outside—even in the winter—is a great way to get fresh air and boost your mood naturally.

<https://myhealth.alberta.ca/Alberta/Pages/sledding-and-snow-safety.aspx>

Alberta Health Services

When taking part in winter activities, ensure you're taking appropriate safety precautions. Tobogganing can be dangerous and should be done carefully. If you're planning to go tobogganing, here are a few tips on how to stay safe:

- Always inspect your toboggan to ensure it's safe for use.
- Wear a ski helmet. Head injuries can be serious. A ski helmet designed for use in cold weather and high speeds is recommended.
- Dress warmly in layers to avoid cold-related injuries like frostbite or hypothermia. Afterwards, remove wet clothes quickly to prevent frostbite.
- Look out for others while on the hill.
- Move out of the way quickly after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult and never toboggan alone or at night.

For more tobogganing safety tips, go to:



Self-Care O'clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

- **Eat:** Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

- **Make space:** Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.



- **Heart Health:** Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.
- **Connect:** Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.
- **Unplug:** Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

*Community Health Promotion Services Team,
Alberta Health Services*

Take a Mini Winter Getaway to Lac La Biche

If you need to satisfy some mid-winter wanderlust, you can find some of the best mini winter escapes in Alberta less than a two-hour drive away. Lac La Biche, about 200 km (124 miles) northeast of Edmonton, is an ideal place to experience Indigenous cultures, pristine Nordic ski trails and local restaurants serving up home-made meals, baked goods and local craft beer.

Here are some things to discover in Lac La Biche – which was given that name by French fur traders who picked up on the name Indigenous peoples gave it: Elk Lake.

Hideaway Adventure Grounds

Walking amid the silence of the aspen forest on a bluebird winter day at Hideaway Adventure Grounds with John Ritchie and his canine companion Buddy, we're struck by the blissful silence.

Just 20 minutes south of Lac La Biche, Ritchie owns and operates Hideaway on 160 acres of land on the Kikino Métis Settlement. It's a place where people can learn about Indigenous cultures on a day trip or a multi-day visit.

Guests cosily sleep in Métis-style canvas-wall tents, warmed by kerosene heaters and wool blankets. You can spend a day snowshoeing with Ritchie, who teaches the art of bush-crafting, and learn skills such as making a temporary shelter or how to start different types of fire for warmth or as a signal. Local knowledge keepers share Métis customs and traditions, like making tea from plants in the forest or demonstrating traditional dances and crafts.

Ritchie will help you customize an itinerary from a long list of experiential activities.

Portage College Indigenous Gallery

Lac La Biche has the largest Métis settlement in Western Canada, so it's no surprise you'll find an impressive collection of Indigenous art at the Museum of Indigenous Peoples Arts and Artifacts at Portage College. The museum has the world's only permanent collection of the Professional Native Indian Artists Inc., also referred to as the Indigenous Group of Seven, which includes well-known artists such as Norval Morrisseau.

Sir Winston Churchill Provincial Park

Sir Winston Churchill is Alberta's only provincial park set on an island. How cool is that? It is a gorgeous spot for track-set Nordic skiing through the trees. Or you can head out on the 20.5-km (12.7-mi) long namesake lake to

ski, snowshoe or ice fish. Want to make it a true Nordic ski holiday? There are 17 lakeside comfort cabins for rent and you're only minutes from town for restaurants and groceries.

The town's main street is easily walkable, too. Within two blocks, you'll find excellent places for a meal or takeaway, like Mediterranean cuisine, bubble teas and sweet treats.

Take in all the winter activities at Sir Winston Churchill Provincial Park, like Nordic skiing, snowshoeing and ice fishing.

Lisa Monforton,

Reprinted with kind permission from Travel Alberta



Point of Interest Lesser Slave Lake

Take in the vast expanse of sun-sparkled water and endless white sand beaches. This is Lesser Slave Lake, 282 km (175 mi) north of Edmonton, and the largest auto accessible lake in Alberta. Small towns, beach resorts, campgrounds, and marinas are dotted along its shores. Devonshire beach is the most popular point of entry. You can walk to it on a paved trail from the town of Slave Lake, which anchors the southeast corner of the lake and has everything you need for your stay. Hike up to Marten Mountain Viewpoint for a spectacular overlook of the lake. For more information visit Alberta Parks www.albertaparks.ca.

Encouraging Kids to Help in the Kitchen

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to become involved in the kitchen:

Plan meals. Even very young children can assist with planning meals.

- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store.
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

Preparing meals:

- Young children can help count ingredients, add ingredients to bowls, stir and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes or wraps and have each person choose their own toppings and ingredients.

Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.



- Talk about what meal you want to make next.

Cleaning up:

- Everyone can have a clean-up task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.

Alberta Health Services



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