

FUEL YOUR SPORT

with these resource links



HOME

- [Simple snack ideas for active kids](#)
- [5 Nutrition Hacks for Busy Families](#)
- [Make Healthy Meals](#)
- [Food Guide Kitchen](#)

COMMUNITY

- [Food Guide Friendly Initiative](#)
- [Healthy Eating in the Community](#)
- [Healthy Vending](#)
- [Healthy Eating Environments](#)



FUEL & HYDRATE!

Sports Nutrition for Youth [here](#)



I *play* Lethbridge

FOR MORE INFORMATION

Visit: healthylethbridge.ca



Connecting Lethbridge and area residents with active living opportunities and resources for good health and wellbeing.