

Right to Healthy Food and Clean Water

March

Explaining the Right

During the Charter process, children brought up their desire to have healthy food options available to them at home and in the community.

They said that healthy food and clean water are things that help them grow up happy and healthy.

A few quotes gathered from children during the Charter creation process:

"I like to eat bananas."

"It's good that there are stores in my community. We need food to grow big."

Families can:

- Involve children in meal planning and preparing
- If possible, offer a variety of food options for children to try
- If possible, eat a meal or snack together as a family
- Make meal or snack time playful by using cookie cutters for sandwiches or vegetables



Book Recommendations for children and families:

Nibi's Water Song by *Sunshine Tanasco*

The Water Princess by *Susan Verde*

See What We Eat! By *Scot Ritchie*

The **Burnaby Children's Charter** was developed in 2019 and included the voices of 250 children across Burnaby. The Charter was developed by the Burnaby Children's Community table in partnership with Equitas and is now in the Action Planning Stage, with [multiple agencies](#) having endorsed the Charter. This newsletter is part of a year-long series where we highlight the rights of the Charter each month to support community to action the Charter with us.