

## Links to Toronto Public Health (TPH) webpages on Physical Activity, Nutrition and Mental Health Resources

### Healthy Nutrition

**TPH web pages on healthy eating and Canada's Food Guide:**

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/eating-well-with-canadas-food-guide/>

**Grocery Shopping: Food shopping tips; shopping for a variety of healthy foods from the four food groups; importance of checking food labels:**

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/grocery-shopping/>

**Food Safety at Home: healthy food shopping and storage:**

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/food-safety/food-safety-at-home/>

**Finding Healthy Recipes and web links to healthy recipes:**

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/finding-healthy-recipes/>

**Student Nutrition Program**

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/student-nutrition-program/>

**COVID-19 Guidance for Student Nutrition Programs**

<https://www.toronto.ca/home/covid-19/covid-19-reopening-recovery-rebuild/covid-19-reopening-guidelines-for-businesses-organizations/covid-19-guidance-food-premises/?accordion=student-nutrition-programs>

### Physical Activity

TPH Physical Activity web pages: Canadian Physical Activity Guidelines (outlines the amount and type of physical activity that offer health benefits for each age group); Canadian Sedentary Behaviour Guidelines:

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/physical-activity/>

**Visit the [Public Health Agency of Canada](#) for tips on how to get more active for each age group:**

- [Children](#) (5-11 years)
- [Youth](#) (12-17 years)
- [Adults](#) (18-64)
- [Older Adults](#) (65 years and over)

## **Mental Health Promotion:**

**TPH COVID-19 Mental Health Resources: list of mental health resources and community supports:**

<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-mental-health-resources/>

### **TPH School Resources for Parents:**

- [Children and Stress](#): tips to help children deal with stress
- [Building Resilient Youth](#): practical tips on helping your teen making good decisions and healthy choices
- [Talking to Your Teen About Alcohol, Cannabis and Other Drugs](#): being informed and helping your teen make healthy choices
- [Teens, Alcohol and Cannabis](#): helping parents/caregivers understand issues related to teenagers, alcohol and cannabis

**School Mental Health Ontario: COVID-19 Parents and Families: how to support your child's mental health during COVID-19:**

<https://smho-smso.ca/covid-19/parents-and-families/>

**Children's Mental Health Ontario: COVID-19 Resources: tips for supporting your family's mental wellness; finding treatment and support to children, youth and families:**

<https://cmho.org/covid19/>

**Government of Ontario: Mental Health, Wellness and Addictions Support: finding public mental health or addiction programs:**

<https://www.ontario.ca/page/covid-19-support-people#section-4>

**Sick Kids: About Kids Health-COVID-19: resources on COVID-19 and how to help you cope:**

<https://www.aboutkidshealth.ca/COVID-19>