



# Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

## Curious about your child's eating habits?



Visit [www.nutritionscreen.ca](http://www.nutritionscreen.ca) to complete the Nutri-eSTEP questionnaire!

### What is Nutri-eSTEP?

- ▶ A quick and easy way to find out how your toddler or preschooler is doing:
  - What is going well
  - What to work on
- ▶ Gives you **tips and tools** to help make healthy eating easy for the whole family

### To connect with a Registered Dietitian contact:

- Leeds, Grenville & Lanark District Health Unit  
1-800-660-5853  
[www.healthunit.org](http://www.healthunit.org)
- Telehealth Ontario  
1-866-797-0000

