



**Family Literacy Day** takes place every **January 27th** to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.

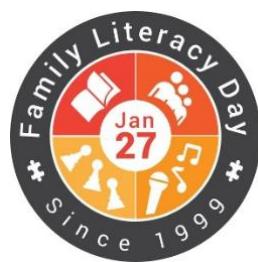
Since 1999, schools, libraries, literacy organizations and other community groups across the country have taken part in the initiative. ABC creates free learning and promotional resources for anyone that wants to get involved.

Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

Family Literacy Day 2026 Theme:

### **Make mealtime family learning time**

Preparing for mealtime is a fun (and tasty) way for families to learn together. Whether it's following recipes, making shopping lists, or sharing stories at the dinner table, make your mealtime family learning time.



**Check out some ideas you can do with your child:**

# Kitchen cupboard scavenger hunt



Find the following food items in your kitchen and answer the questions below. You may be able to answer the questions with just a couple of food items.

Item	Question
<input type="checkbox"/> A box with a picture of food	What color is the box?
<input type="checkbox"/> A can with something healthy	What meal could you use it in?
<input type="checkbox"/> Something with more than 5 ingredients	What's one ingredient you've never heard of?
<input type="checkbox"/> A food that is the colour red	Is it sweet or salty?
<input type="checkbox"/> A food with a short word (5 letters or less)	Can you use the word in a sentence?
<input type="checkbox"/> A label with a number on it	What does the number mean (serving size, weight, etc.)?



Find fun family activities at:  
[FamilyLiteracyDay.ca](http://FamilyLiteracyDay.ca)

## Take it further: Nutrition label detective

Pick one box, bag, or can you found.

Name of the food: \_\_\_\_\_

How many servings are in the package? \_\_\_\_\_

Circle what it has:



Sugar



Fibre



Water



Salt



A word you can't pronounce

Do you think it is a healthy food? Why or why not?

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## 10 Tips to help your family 'Make mealtime family learning time!'

Here are some tips you can do together to 'Make mealtime family learning time.'

	<b>1 Follow a recipe together</b> Pick a recipe to make as a family. Talk about the steps, ingredients, and cooking instructions. Then enjoy your meal together!	<b>2 Write a grocery list</b> Write a grocery list of ingredients needed for your family meal. Practice spelling, organize items by category, and add prices to practice math.
<b>3 Get crafty with food packaging</b> Make crafts together using food packaging such as plastic containers, glass jars, or recycled cardboard.	<b>4 Eat your words</b> Play with your food and write words and messages to your family with alphabet cereal and soup (we like cookie letters too!).	<b>5 Play "What's that word?"</b> Introduce new food words—like "zucchini" or "quinoa"—and look them up together. Talk about where the food comes from and how it's used.
<b>6 Label the kitchen</b> Make removable sticky note labels for everyday items in the kitchen (like "refrigerator," "spoon," "cup"). Write the item name in one or more languages to help learn new words together.	<b>7 Create a family cookbook</b> Collect your family's traditional recipes and make your own family recipe book. Write or type the recipe, include a favourite memory or story, and add your own drawings!	<b>8 Try a cultural food night</b> Pick a country, choose a recipe from there, and make it as a family. Why not learn a few words from the language spoken in that country, too!
<b>9 Explore nutrition labels</b> Pick a few of your family's favourite snacks and compare their nutrition labels. Talk about serving sizes, ingredients, and which items are healthy choices and why.	<b>10 Kitchen cupboard scavenger hunt</b> Make a list of items to find in your kitchen (such as "something that starts with B" or "a can with tomatoes"). Read labels together and talk about what each item is used for.	

## Family recipe time

Cooking together as a family is not only fun and delicious, but it also helps everyone practice their reading, math, and language skills. Try out this recipe with your family today!



### Mini naan pizzas

Makes: 4 mini pizzas

Preparation time: 10 minutes

Cooking time: 10 minutes



#### You'll need:

- large baking sheet
- non-stick cooking spray or parchment paper
- spoon
- 4 small naan breads
- 1 cup of tomato sauce
- 1 cup of shredded mozzarella cheese
- toppings of your choice (pepperoni, bell peppers, mushrooms, olives, pineapple, etc.)
- Optional: fresh basil, parsley, or a drizzle of olive oil for garnish

#### Let's make pizza!

1. Ask a grown-up to preheat your oven to 400°F.
2. Spray your large baking sheet with non-stick cooking spray, or use parchment paper to cover the baking sheet.
3. Place each naan bread on the baking sheet, leaving some space between them.
4. Use a spoon to spread a layer of tomato sauce on each naan bread.
5. Sprinkle shredded mozzarella cheese over the saucy naan bread.
6. With help from a grown-up, chop your favourite toppings into bite-sized pieces.
7. Add your toppings on top of the cheese. You can make fun faces, shapes, or patterns!
8. Ask a grown-up to place the pizzas in the oven. Bake for 10 minutes, or until the cheese is melted and bubbly.
9. Let the pizzas cool for a few minutes. Then, with a grown-up's help, cut them into slices.
10. Optional: Sprinkle the pizzas with chopped basil, parsley, or a drizzle of olive oil.

**Enjoy your delicious, homemade mini naan pizzas!**



## A menu for your family

Plan a special meal with your family, and get everyone involved. Ask each person what they would like to add as part of the meal and write it down.

Family member name	Food suggestion
1.	
2.	
3.	
4.	
5.	

Now make a menu for your family meal.

A menu is a list of the food you will eat as part of your meal. Your menu can include something for everyone. You can draw pictures of the food too!

### Our Family Menu

Drink

Meal

Appetizer

Dessert

## Family grocery list

Plan your week's meals together as a family. Check your refrigerator and kitchen cupboards to see what ingredients you already have for your meals. Then write a grocery list for the foods you will need.



### Grocery shopping list

Item

How many I need

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Total number of items



## Where does my food come from?

We eat many different kinds of food every day. Have you ever wondered where it comes from before it gets to the grocery store shelf?



Which food comes from which plant or animal? Match them below by drawing a line between them.



bread



chocolate



eggs



maple syrup



tofu



french fries



honey



milk



soybeans



nectar



potatoes



chicken



sap



cocoa beans



wheat



cow

## Eat the rainbow!

Did you know that fruits and vegetables come in every colour of the rainbow—and each colour helps your body in a different way? When you eat many different colours, you help your body stay strong, smart and full of energy!



Can you find a fruit or vegetable for every colour of the rainbow?  
Write or draw one for each below:

Colour	Fruit or Vegetable
Red	_____
Orange	_____
Yellow	_____
Green	_____
Blue	_____
Purple	_____



## Family food time colouring sheet

Time to get creative and colour in these delicious fruits and vegetables with any colour you want!



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