

Great Tips for Feeding Kids

This week, I will: (Check one or more ideas that you would like to try.)

- Let my child choose a new vegetable or fruit in the grocery store.
- Let my child decide how much to eat and not worry if she doesn't clean her plate.
- Eat at least one family meal together with no TV or phone interruptions.
- Offer a new food in the same meal with my child's favorite food.
- Set a good example for my child by eating my own vegetables.
- Have healthy snacks available like dry cereal, whole grains and fruit.
- Make sure my child doesn't fill up on milk or juice between meals.
- Try a "make your own" night for mealtime like "make your own" pizza.
- Rename a food or dish my child helps me make like "Lisa's Salad" or "little trees" for broccoli.
- Let my child help me prepare a meal or help in the kitchen with an easy task.



One healthy snack or meal I will encourage my child to try this week is: