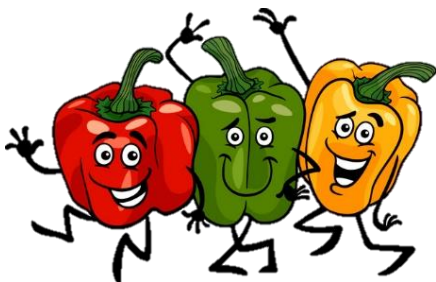
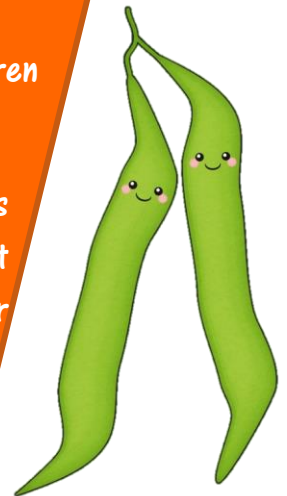


Helpful Tips

- Did you know that your child may try a new fruit or vegetable 12 times before they begin liking it? That means they may soon like the fruits and vegetables you put on their plate. Keep trying...if they don't like it raw, try it baked, steamed, or stir-fried!
- Eating the same fruits and vegetables each day gets boring. Bring home a new fruit or vegetable to try with your family or let your child choose the new fruit or vegetable for the week!
- Make fruits and vegetables the easy choice! When your child is hungry they grab whatever is quick and easy. Make fruits and vegetables convenient by placing them in spots where child will see them first, like a bowl of fruit on the counter or "grab and go snacks" already cut up in plastic bags, ready and waiting at the front of your refrigerator.
- Help your child prepare recipes with fruits and vegetables. Children may be more excited to try a new food if they help to make it.
- Let your child choose. Remember it's your job to offer healthy foods for meals and snacks and your child's job to choose what they want to eat. Children are more willing to try a food if they pick it out for
- Be a good role model of healthy eating. Children learn through what they see. Try a fruit or vegetable with your family in a new way. You may be surprised how well you and your family like it.



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