





HELPFUL TIPS!




A child may try a new fruit or vegetable **12 times** before they begin liking it! That means they may soon like the fruits & veggies you put on their plate.

Keep trying!
Experiment with baking, steaming, or stir-frying!

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 veggies the **easy choice!** Place in spots where kids will see them first, like a bowl on the counter or "grab and go snacks" already cut up in bags, ready 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.

Be a **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.



Let **your child choose!** Remember it's your job to offer healthy foods for meals & snacks. Your child's job is to choose what they want to eat. Children are more willing to try a food if they pick it out for themselves.



Visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

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