
Family Meals create HEALTHY FAMILIES

■ PARENTS CAN...

Relax

- ✓ Plan meals that include fruits and vegetables
- ✓ Incorporate a new fruit or vegetable each month or perhaps a different way to use that produce (raw versus cooked, grilled versus steamed, with dip versus no dip)
- ✓ Give kids a chance to pick out his or her favorite fruit or vegetable
- ✓ Put fruits and vegetables in child friendly places - on the kitchen counter, and eye level shelf in the refrigerator
- ✓ Model good behavior at meals trying everything yourself!

■ KIDS CAN...

Enjoy

- ✓ Help parents wash and help serve those fruits and veggies
- ✓ Help parents select some new produce - how about purple cauliflower?
- ✓ Tell your parent about which of your senses likes that food best - sight, smell, taste, touch or sound (yes, foods have a sound)
- ✓ Help themselves to foods in those "have anytime" places
- ✓ Come to the table with a positive attitude and remember you get good at doing something after practice; practice eating produce!

To stay on top of nutrition news, visit: www.MarciaCrawford.net