

Making Mealtime Peaceful

Help your kids eat healthy without the fuss.

Have healthy foods ready to eat.

- Want kids to reach for healthy foods? Make sure healthy foods are in reach.
- Keep plenty of fruits and vegetables in the house to add to meals and snacks

Let kids learn by serving themselves.

- Serve meals at around the same time each day so kids know what to expect.
- Serve foods family-style.
- Teach them to take small amounts at first.
- Tell them they can get more if they're hungry.

They learn from watching you. Eat healthy foods and your kids will too!

I will set a healthy example by:

Be patient – it works better than pressure.

- Kids don't always take to new foods right away. Offer new foods many times. Try serving them in different ways.
- When you offer new foods, let kids choose how much to eat. They are more likely to enjoy a food when eating it is their own choice.

Let kids help.

- Kids like to try foods they help make. It's a great way to support trying new fruits and vegetables.
- Give their dish a fun name (e.g., Karla's Super Salad). Make a big deal of serving foods they help create.

Share the adventure.

- Try new foods together.
- Let your child see you eat and enjoy many healthy foods.
- Join kids at the table for meals.

