

Healthy Eating Strategies to Try with Your Child



Fill half their plate with colorful **fruits** and **veggies**.

- ☑ Offer new foods, or foods your child likes less, when your child is most hungry.
- ☑ Provide fruits and vegetables as snacks.
- ☑ Keep fruit and vegetables washed, cut up and in plain sight in the refrigerator.
- ☑ Serve cut up vegetables with a dip such as hummus or ranch dressing.
- ☑ Add vegetables to your child's favorite meal!



Be a good Role Model!

- ☑ Have meals with the family where everyone sits down together (when possible).
- ☑ Go screen-free at mealtime.
- ☑ Make sure your child sees you eating healthy foods.
- ☑ Make mealtime a time for learning and social interaction for children. Have conversations with your child about their day and their feelings.



Prepare meals and eat at home as much as possible.

- ☑ Engage your child in making healthy meals. They will be more likely to try the food if they are involved with the process.
- ☑ Children should eat smaller portions than adults should.
- ☑ Visit www.foodhero.org for affordable, kid-friendly recipes



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