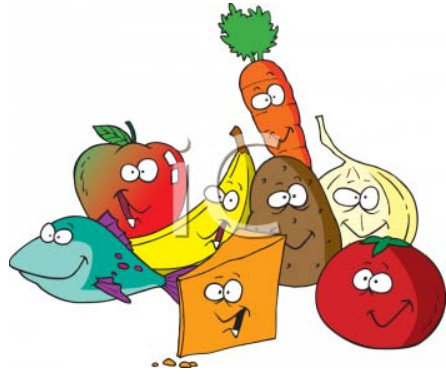


## How to get your children to eat their Veggies!



- To promote a new food like a vegetable, serve them at every meal and snack. This lets the child know it's an important part of the diet.
- Set up the 1 bite rule. The child needs to at least try one bite of the new food before they form an opinion of it.
- Give lots of praise....praise is important when the child tries and eats a new food.
- Role model... Kids need to see their parents eat vegetables and talk about how wonderful it tastes, looks, smells etc. So lead by example!

### Get your children into the kitchen!

- Shop with your kids at the supermarket or farmer's market. Let them pick out some vegetables.
- Cook with your kids. Letting them help you prepare vegetables will make them more curious about how they will taste.
- Make vegetables and fruit easy. Cut fruits and veggies into easy to eat pieces. Let kids dip them into hummus or low-fat dressings.
- Put out an assorted tray of produce while you cook dinner or at snack time, or put the cut veggies into baggies for on-the-go munching.



### Some other ideas...

- Children shown pictures of vegetables at the same time they were served ate more than when vegetables were served alone. So try using some picture therapy!
- Children given a sticker as reward for trying a bite of vegetable, were more likely to eat the vegetable. And a month later, when stickers were no longer given as a reward, they still ate more than those not given stickers. So try some stickers!

