

FOOD & FUN FOR EVERYONE

Eating healthy and staying active can be challenging any time of the year. Here are some tips to help you help your family eat healthy while having fun.

Tips for Being a Healthy Role Model

Making healthy decisions about food and physical activity is something that children learn by watching their parents and family members. Read these tips on steps you can take to help you be a star role model for your child.

Offer healthy meals

Serve healthy options at mealtimes and offer choices. Say, "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?". Eat the same healthy foods that you are serving to your children. Drink water, low-fat milk or 100% juice with your meals.

Be active together

Involve your child in physical activity. Provide active toys like balls and jump ropes. Go on walks, hikes, or bike rides together! Explore the parks in your neighborhood.



Get kids in the kitchen

Let your children help out with small tasks. Children can rinse and scrub the vegetables that will be served for dinner. Let them add or stir the ingredients. While the food is cooking, they can set the table.



Reward with attention, not food

Try not to offer sweets as rewards as it may lead to unhealthy eating habits. Instead, reward with attention. Show your love with hugs and kisses. Comfort with hugs and talks.

For more tips on feeding your children, check out our **parent and caregiver videos on YouTube** at <https://tinyurl.com/35vhzwaj> or scan the QR code!





Healthy and Tasty Kid-Friendly Recipes

Easy Apple Crisp

Ingredients

- 1 cup brown sugar, divided
- 1/4 cup water
- 1/2 teaspoon cinnamon
- 6 large apples, peeled and sliced
- 3/4 cup flour
- 1/2 cup uncooked old-fashioned oats
- 1/4 teaspoon salt
- 2 tablespoons butter



Directions

1. Preheat oven to 375°F.
2. Combine 1/2 cup brown sugar, water and cinnamon in a bowl. Press mixture in bottom of an 8x8-inch baking pan.
3. Spread apple slices on top.
4. In a separate bowl, combine remaining 1/2 cup brown sugar, flour, oats, salt, and butter.
5. Using two knives, cut until crumbly.
6. Spread mixture over apples and pat until smooth.
7. Bake for 40-50 minutes until apples are tender and crust is browned.
8. Serve hot.

Veggie Egg Bites

Ingredients

- Non-stick cooking spray
- 2 cups vegetables, washed and chopped (such as broccoli, zucchini, cooked potatoes, mushrooms, or onions)
- 6 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 cup shredded reduced fat cheddar cheese



Directions

1. Preheat oven to 350°F. Spray a muffin pan with non-stick cooking spray.
2. Put chopped vegetables in 7 holes of the muffin pan.
3. Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
4. Pour egg and cheese mixture over vegetables in the muffin pan and bake for 25 minutes.

Mealtime is Family Time

Studies have shown that kids who eat meals together with family have higher grades and fewer behavioral problems in school.

- You are responsible for providing a good eating environment. Sit, talk and listen during meal time.
- Save TV and phone use for when the meal is over. This means everyone!
- Family meals don't always have to be dinner. Breakfast and lunch work just as well. Choose specific meal times and make sure everyone in the family knows that they need to be there.
- Keep meals simple and easy. Focus on quality family time instead of family meals that take a long time to prepare.

