

FOOD & FUN FOR EVERYONE

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

Parenting tips for choosy eaters

It is normal for young children to refuse certain foods and not eat very much at times. Here are some tips to help your choosy eaters enjoy healthy foods.

Keep Trying

Your child's taste buds will change many times during childhood. Sometimes you may need to put a food on a child's plate up to 15 times before they will even try it!



Little Helpers

Include your child when preparing meals. Children are more likely to eat foods they helped make. Let them tear the lettuce or stir the batter.

Mix it Up

Try a new texture. Some kids do not like the way a food feels in their mouth. Try serving vegetables with a dip, adding them to macaroni and cheese, or roasting them until crispy.

Small Starts

Offer only one new food at a time. When trying a new food, serve something you know your child likes along with it.

"Can Do"

Try telling your child what they "Can Do" instead of what they cannot do. For example, instead of saying "You can't have soda", tell them "You can have milk or water- which would you like?". Keep it simple by offering just two healthy options.

Role Model

Be a healthy role model. Your children learn by watching you.



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 Cheesy Chicken and Broccoli

- 1 (14.5 ounce) can low-sodium chicken broth
- 2 cups instant brown rice, uncooked
- 1 (16 ounce) bag frozen broccoli
- 1 cup cooked diced chicken OR
- 1 (10 ounce) can chicken, drained
- 1 cup shredded low-fat cheddar cheese
- 1/4 cup parmesan cheese
- 1/2 teaspoon garlic powder



Directions

1. Place broth in a medium saucepan. Bring to a boil over medium-high heat.
2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

Shamrock Smoothies

- 1 apple, cored and chopped
- 1 overripe banana (frozen preferred)
- 1 cup plain non-fat yogurt
- 1/2 cup 100% orange juice
- 2 cups baby spinach



Directions

1. Put apple, banana, yogurt, and orange juice in the blender.
2. Blend until smooth.
3. Add spinach and blend until smooth.
4. Serve right away, or store in refrigerator for up to 4 hours.

Giving a food a fun name makes kids more likely to try it. Try calling this one a **Green Monster Smoothie** or **Dino Smoothie!**

It's Springtime! Get outside!

Start a summer garden

- Plant seeds in empty egg cartons with a small amount of soil. When ready, transfer into a bigger pot or right into the ground.
- If you have no room outside, grow plants in a container on your deck or windowsill.
- Gardening engages the senses, helps promote healthy eating, and gives kids a sense of purpose.



Money-saving tip: SNAP benefits can be used to buy seeds and seedlings for herbs, vegetables, and fruits.

Call 211 to find local summer lunch sites for free lunch locations, dates and times.