



Nutrition for Kids

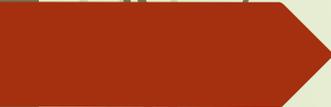
Mrs. Renee Matson



Meal Planning and Our Busy Schedules!

- Choose your shopping day
- Have a meal prep day
- Involve your kids in the planning- when they have a say in what is made they are more likely to eat it
- Post a menu – more likely to stick to your plan that way
- Have cut up veggies available, a bowl of fruit

Cooking With Kids



Choose special meals to cook together

Find recipes in cook books or online

Try new foods together

Buy cooking tools that kids are able to use safely

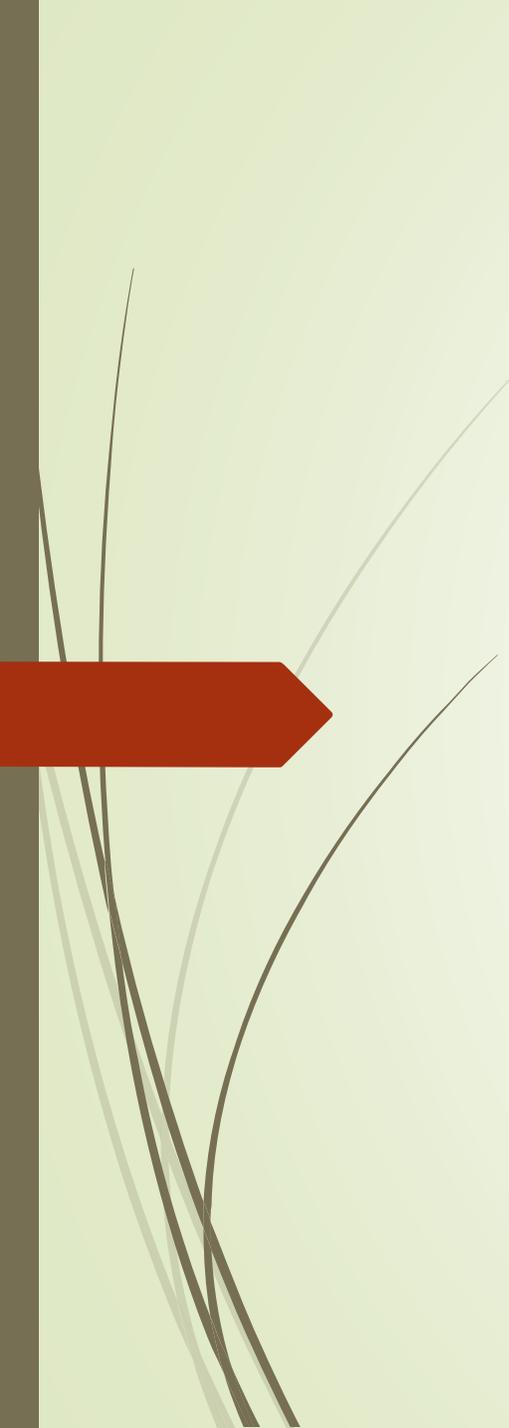


Shopping With Kids

Visit Farmers Markets, or grow a garden

Allow kids to choose new vegetables and fruit each time you visit

Try vegetables cooked and raw



Kids Need Good Food to Fuel Their Growing Bodies

Eating real food is best

Encourage your child to try things more than once

Make it fun! Fruit kabobs, meat roll ups, fun shaped cheese or sandwiches, make your own lunchable style lunch- but you choose the food

Put out cut vegetables before dinner or while you are making dinner- if kids want to snack they will probably snack on them if they are out



Spending Time Planning and Prepping is Worth it!

- Teaching our kids to make healthful choices on their own
- Encouraging kids to listen to their bodies- stop eating when you are full rather than always having to clean their plate
- Think about your stance on sweets- talk to your kids about why we should put good food into our bodies
- Often when we give up some of the control over what our kids eat they begin to make the healthful choices we hope they will make
- Plan together, keep kids involved and a part of the process is important
- Make it pretty

Enjoying Food Together is Fun

