



PARENTS, LET'S GET STARTED!



Start by making smaller changes first.



Make sure to turn off the TV while you eat.



Try to eat at least one meal a day with your family.

EAT A RAINBOW



Encourage kids to help choose fruits and veggies at the store.



The more colorful the veggie, the healthier it is!



Have fruits and vegetables within easy reach.



Replace sugary snacks with sweet fruits such as kiwi, strawberries or pineapple



Offer fruits and veggies and encourage everyone to try a few bites. It can take 7 to 10 tries to like a new food.



Try to serve one fruit or vegetable at every meal or snack



Fruits and vegetables can be fresh, frozen, or canned. They're all good for you and your family.



Try adding vegetables, such as green or red peppers, to chili, and spaghetti sauces. Some kids are more likely to eat them if they are chopped small.

