



Information to Share with Families

TIPS FOR PARENTS AND CAREGIVERS

Eating Practices

- Join children at the table for meals
- Eat family-style, allowing children to serve themselves. This encourages them to pay attention to their hunger cues
- When a child eats less than half of their meal or snack, try to determine if they are full before removing the plate
- When a child requests seconds, try to determine if they are hungry before serving additional food
- Encourage children to try new or less favored food
- Don't use food as a reward
- Talk informally about good nutrition

Food Preparation and Variety Tips

- Make sure to offer fresh fruit rather than fruit in syrup
- Limit fruit juice and offer children water instead
- Children over the age of 2 can switch from full fat to low-fat milk
- Encourage children to eat vegetables beyond corn, green beans, and potatoes, which many children tend to favor
- Vegetables do not need to added salt, fat, margarine or oil. Many children will accept or adapt to eating simple steamed vegetables
- Limit the amount of fried foods such as chicken nuggets

Easy to Use Meal Tips!

Breakfast Ideas

- Low fat yogurt with cut fruit and cereal
- Cereal choices – Raisin Bran, Shredded Wheat or Quaker Oatmeal Squares – with cut up fruit and skim milk
- Whole wheat mini-bagel with peanut butter and sliced bananas
- Whole wheat toast with peanut butter

Healthy Dinners

- Personal pizza: whole wheat English muffin and sauce, sliced veggies, turkey pepperoni and low fat cheese
- Burrito: whole wheat tortilla around canned low-fat refried beans, chopped veggies and low fat cheese
- Omelets: eggs with your favorite veggies, topped with salsa
- Turkey burgers

Celebrations

- Mini cupcakes or low fat muffins

- Fruit tray and veggies with dip
- Pretzels, baked chips or bagel chips
- Instead of handing out a candy bag, provide party goers with a bag of treats, such as pencils, straws, jump ropes and stickers
- Skim milk

Sample Snacks

- Whole grain crackers with low fat cheese cubes
- Apple slices with peanut butter
- Graham crackers and peanut butter
- Sliced peaches and cottage cheese
- Vanilla low fat yogurt with fresh fruit
- Trail mix

Fun Things to Do Together As a Family

- Build an obstacle course in the basement or garage on a rainy day
- Create a dance party where each family member teaches their own dance
- Plant a garden
- Take a nature hike
- Run, jog and walk in a family treasure hunt
- Wash the car...enjoy an active game with the hose
- Go to the park and hike or climb

Seasonal Activities for Fall

- Go on a family hike and collect leaves and nuts
- Rake leaves then jump in them
- Go apple picking or to a pumpkin patch

Physical Activity Ideas

- Play with children for at least two hours a day and never withhold playtime as a punishment
- Active play should be fun and creative with lots of movements, such as follow the leader, dancing and hokey pokey
- Have children play outside for at least 60 minutes each day if possible
- Limit screen time to two hours a day or less. Children younger than two should not watch TV