

fun for



fit families

Summer Harvest

Make Every Bite Count...More Fruits & Veggies

Summer brings lots of fresh fruits and vegetables.

If your child refused to eat certain fruits and vegetables in the past, try them in the summer.

Vegetables and fruits taste better during the summer.

Summer is also a great time to try vegetables prepared in different ways.

Your child may learn to like fruits and vegetables that he refused to eat in the past.

His tastes can change!

Take your child to the local farmers' market.

Visit local gardens and orchards to pick your own fresh fruits and vegetables.

Take a ride in the country.

Talk about how fruits and vegetables grow.

Your child will be more likely to eat the fruits and vegetables that he picks and chooses.

Let your child help cook and prepare fruits and vegetables.

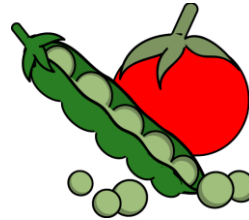
Your child will like to eat what he helps to cook.

Your child can help:

- ☀ Wash vegetables in a sink of water.
- ☀ Break green beans in half.
- ☀ Husk corn on the cob.
- ☀ Remove peas from pods.
- ☀ Stir salads together.
- ☀ Add vegetables to recipes.
- ☀ Break cauliflower and broccoli into small pieces.

Offer vegetables to your child at the beginning of a meal.

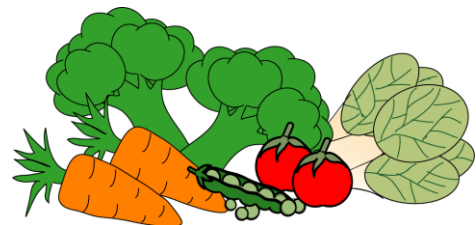
Your child may be more likely to try a new vegetable when he is hungry. He will taste it and may like it!



September

Try New Veggies!

- ☀ Try raw peas, green beans, cherry tomatoes or sliced cabbage.
- ☀ Dip raw vegetables in salsa, dill dip, warm cheese dip, low fat ranch salad dressing or peanut butter.
- ☀ Dip raw snow pea pods, green beans, cucumber and zucchini slices, green and red pepper strips, raw rutabaga and kohlrabi strips.
- ☀ Sprinkle shredded cheddar or parmesan cheese on cooked vegetables.
- ☀ Boil rutabagas with potatoes. Drain off water. Add a small amount of milk and mash together!
- ☀ Serve baked spaghetti squash with margarine and parmesan cheese.
- ☀ Stir fry a bunch of swiss chard or spinach with 1 teaspoon olive oil and 1 tablespoon water. Season with a dash of wine vinegar.



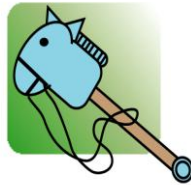
Active Toys

Move More...Watch Less

♥ **Tricycles, bikes, big wheels and other riding toys are fun to ride.** Find a safe area for your child to ride – sidewalks, park, bike trail or school playground.

♥ **Buy a wagon.** Children love to pull their favorite doll, stuffed animal or friend in a wagon. Wagons are also fun to pull around the yard, park or beach. Collect treasures such as rocks, shells and sticks.

♥ **Push toys are fun for small children.** Try toy shopping carts, strollers and other push toys. Children love to copy what they see their parents doing.



Make Every Sip Count...
More Healthy Beverages

Bring along water bottles when running errands or shopping with your child.

Be sure to put some ice in the bottle to keep it cold!

Try it!

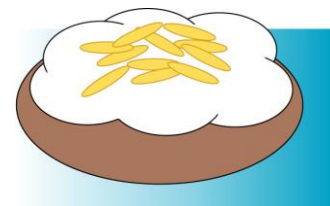
Children who are willing to taste new foods are more likely to eat a wider variety of foods!

- ♥ **Offer a new food along with familiar foods.** It will be less scary for your child to see a new food on his plate if there are familiar foods on his plate.
- ♥ **Offer new foods often.** Try new foods and recipes. Your child will learn that trying new foods is a normal habit for your family.
- ♥ **Let your child see you taste and enjoy new foods.** Children learn best by watching their parents and others eat.
- ♥ **Keep secrets.** If you or others do not like certain foods, do not talk about them. Only say “good things” about food at the family table.

More Veggies to Try!

Make a quick coleslaw. Mix together shredded carrots and cabbage with low fat Ranch salad dressing.

Top a baked potato with cooked broccoli, cauliflower or carrot slices. Sprinkle with shredded cheddar cheese.



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