

HARVESTING HEALTHY EATERS...

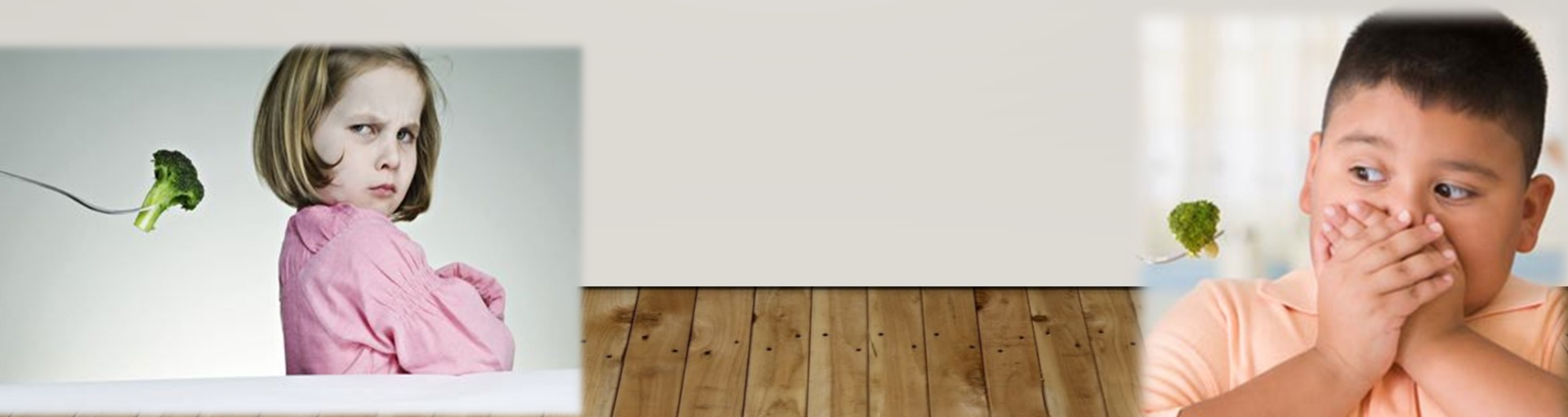
NO...NOT VEGETABLES AGAIN!!!!



CHILDREN CAN BE PICKY ...ESPECIALLY ABOUT “VEGGIES”

- This is a **world wide** phenomenon!
- Kids are often scared of new things... “neo”phobic
- How we respond to the situation can help

What memories do you have of NOT liking some fruit or vegetable...(& a parent trying to get you to eat it)?



6 COMMON FOOD MISTAKES PARENTS MAKE...

1. Give Up Too Soon... *(may take 10-15 exposures)*
2. Pressuring... *(likely to backfire)- complaining/praising*
3. Keeping “junky” foods just out of reach & bribing them- *forbidden fruits*
4. Sending kids out of the kitchen or not involving them
5. Modeling poor or “dieting” behaviors
6. Serving boring ... “BLAH” vegetables



THERE ARE MANY WAYS TO ENCOURAGE OUTSIDE OF THE KITCHEN ...

- Gardening or shopping at a farmer's market!
- Visit a local farm or read about them!
- Have them help pick a new fruit or veggie to try while out!



WHAT WAYS DO YOU INVOLVE YOUR KIDS WITH MEAL PREPARATION?

- Kids can count, peel, wash, sprinkle, spread, pour & more!
- Put them in charge of getting the healthy snack or appetizer ready!



CHASE AWAY BLAH VEGGIES... NEW FOOD ADVENTURES!

- Dress them up
- Add healthy dips and toppings (hummus, yogurt or peanut dips)
- Make them visually exciting or fun!



LET'S PLAY WITH OUR FOOD!!!

- Think of something your child likes to eat regularly
- Find a fun way to re-design your vegetables
- Make a new name for it! TaDaaaa!



FRUITS and VEGETABLES

Veggies are the **BEST 1st course** or as **appetizers**

Fresh fruit makes a healthy **dessert!**

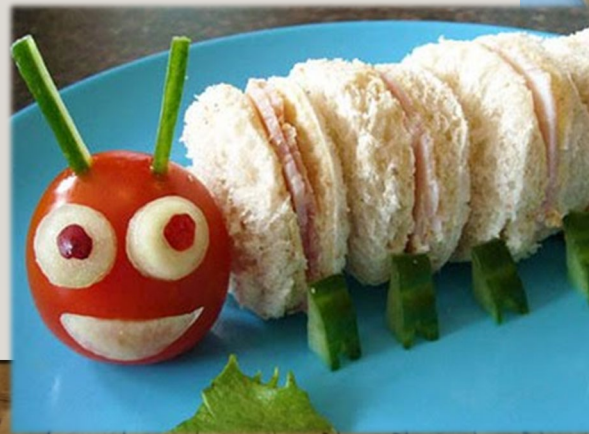


LET'S DO OUR BEST TO BE A GOOD ROLE MODEL & STAY NEUTRAL!

- A 1-2 bite rule is a great start; avoid overloading the plate. Kids can join the “Two Bit Club.” [The Two-Bite Club \(English and Spanish\)](#)
- Pressuring kids to eat foods only creates a tug-o-war effect or food battle ground!
- Eat a balanced diet together as a family
 - Eat a “RAINBOW”... red, orange, yellow, green, blue/purple...



ALSO TRY ADDING SMALL AMOUNTS OF “VEGGIES” TO FOODS THEY LIKE, SUCH AS SANDWICHES AND PIZZA.



GIVE KIDS A FEW FUN CREATIVE CHOICES...

- Green Giant beans, Broccoli Forest , or Silly Salad???
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LET KID'S NAME THEIR CREATIONS *AND ADD IT TO THE MENU*

- Ryder's Race Cars
- Dylan's Chill'n Penguins
- Liam's Little Mice
- Sophia's Sunflowers
- Olivia's Silly Faces
- Jackson's Speedboat



KIDS CAN HELP TOO!

- Kids are more likely to **eat**-or at least **try**- the foods they help shop for or prepare- This means **LESS** pickiness!



KIDS IN THE KITCHEN

- **At 2 yrs:** wipe tables, rinse f/v's, stir or add ingredients, spin salad, place things in trash
- **At 3 yrs:** Mash, mix, squeeze, knead, tear lettuce, husk corn, snap beans, peel bananas, help add ingredients to items such as burritos or pizza
- **At 4yrs:** Set table, clear table, scrub f/v's, spread with dull knife, measure ingredients, count items, pour batter

What is something *your* child can help with?



COOK AT HOME

- Try these recipe sites:

Pinterest

Eatfresh.org

Whatscooking

Allrecipes

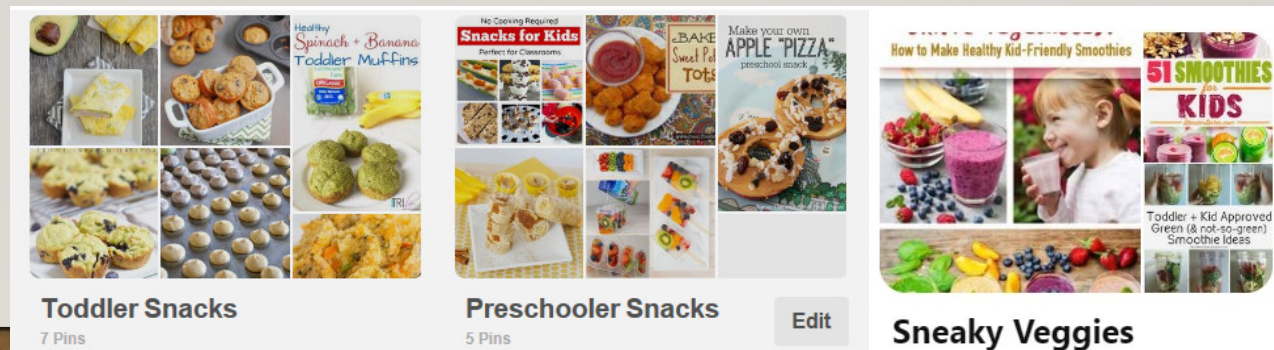
EatingWell



Where do you get your cooking ideas from?

NEVADA COUNTY WIC PINTEREST

- Check out our Pinterest page for ideas!

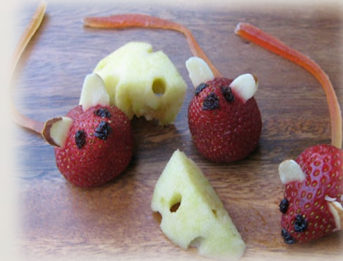


CHECK OUT THESE FUN HEALTHY SNACKS!

RECIPES INCLUDED



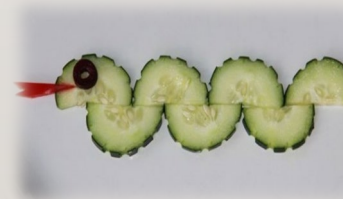
Pretty Cool
Palm Tree



Sweet
Strawberry
Mice



Super Snails



Silly
Snake



Penguin Snacks

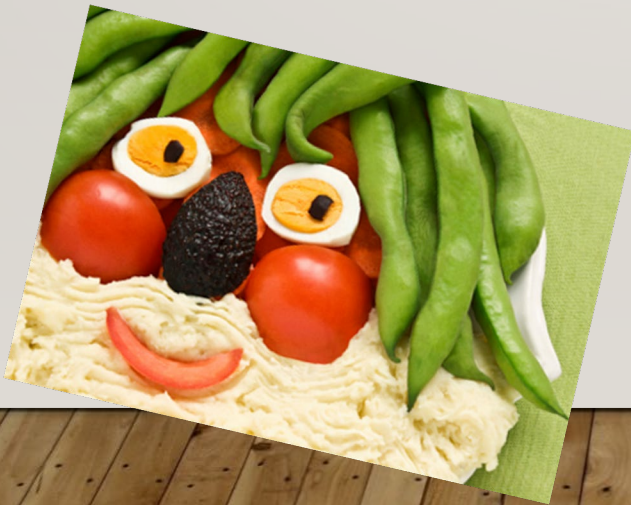


Fresh Flowers

HARVEST HEALTHY EATERS...

“MORE VEGGIES PLEASE”

- **Persevere & Plan** veggies as a 1st course!
- **Involve the kids** in many different ways
- **Create fun** or adventures with fruits and veggies
- **Keep healthy foods accessible & stay neutral**



WHAT ARE SOME THINGS THAT HAVE WORKED FOR YOU?



What is something new you might try to help harvest your healthy eater?