

# Getting Kids to Eat Their Fruits and Veggies



Children in the Early Sprouts program in Keene, N.H., learn all about fresh vegetables. (Courtesy of Early Sprouts)

## 10 Ways to get Your Children to Eat Their Fruits & Veggies

- #1 – Be a Role Model! Children mimic what they see. If they see you eating fruits and vegetables than they will follow.
- #2 – Plant a garden, if kids knew that they were the ones who actually grew what they are eating, they would be more inclined to partake.
- #3 – Let them help with the grocery shopping – Ask them to pick out two or three fruits and vegetables on a grocery shopping trip.
- #4 – Let kids help cook dinner. Have them add the vegetables to a stew, soup, or even spaghetti sauce.
- #5 – Offer fruits and vegetables as a snack. Keep them colorful as children are more likely to eat what looks appealing to them.
- #6 – Don't get discouraged! Offer kids fruits and vegetables at every meal. The experts say a child may have to be offered something up to 10 times before they are willing to partake.
- #7 – Make a game of it, make ants on a log, (celery, peanut butter, & raisins,) or chop up a variety of fruits and vegetables and see what they can create with it.
- #8 – Don't turn eating time into a battle, forcing a child to eat something they don't want to eat makes for a bigger battle next time.
- #9 – Incorporate vegetables into baked goods (shredded veggies can add moisture as well as nutrition).
- #10 – Eat family dinners together, make them a regular event, not an exception.



[communities.qld.gov.au/family/eatwell/images/fruitman.jpg](http://communities.qld.gov.au/family/eatwell/images/fruitman.jpg)

**The goal is to get our children to eat healthy and build strong bodies!**

**More information is available at the following web sites:**

[KidsHealth.org](http://KidsHealth.org) & [My Pyramid for Kids.gov](http://MyPyramidforKids.gov) & [Keepkidshealthy.com](http://Keepkidshealthy.com)

[1183.photobucket.com/albums/x269/Mindies\\_Pix/cooking-tips-vegetables-for-kids.jpg](http://1183.photobucket.com/albums/x269/Mindies_Pix/cooking-tips-vegetables-for-kids.jpg)



**Eat Smart Program \* Missoula City-County Health Department  
(406) 258-3827 \* [www.co.missoula.mt.us/healthservices/EatSmart](http://www.co.missoula.mt.us/healthservices/EatSmart)**

