

5 Easy Ways

to Promote Fruits & Veggies

Offer First & Last

Serve or pass around (for family style meals) fruits and veggies first and again at the end of mealtimes.



Provide Fun Names

Give fruits & veggies fun names like *Monster Mashed Potatoes* or *Pirate's Pick Golden Corn*.



Provide Stickers

Provide stickers to kids that try the fruits and vegetables offered at mealtime.



Lead a nutrition or art activity that allows the kids to play with fruits or veggies before trying them.

Lead an Activity



Let kids try small samples of new fruits and veggies outside of mealtime.

Do a Taste Test

3 Easy Ways

to Involve Children in Mealtime

Family-Style Meals

Allow children to serve themselves some or all items offered during mealtime from communal serving bowls. Allow children to decide what meal offerings they want to eat and how much they want to eat.



Set-Up & Clean-Up

Assign table-setting helpers each day and teach daily mealtime clean-up responsibilities to each child.



Gather Feedback

Allow children and families to provide feedback on foods served to inform menu development.



3 Easy Ways

to Model Healthy Behaviors

Sit at the Table During Mealtime

Model good mealtime and table behavior and have pleasant conversation with the children.



Use Positive Language

Use positive language when you talk about healthy foods and encourage kids to try them. Encourage kids to try an “adventure bite” or ask, “What does the broccoli taste like?”



Eat the Same Meal as the Kids

Show the kids that you are also willing to try new & different foods offered at mealtime (especially the fruits and vegetables).

