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

Do a Taste Test
Let kids try small samples of new fruits and veggies outside of mealtime.
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).