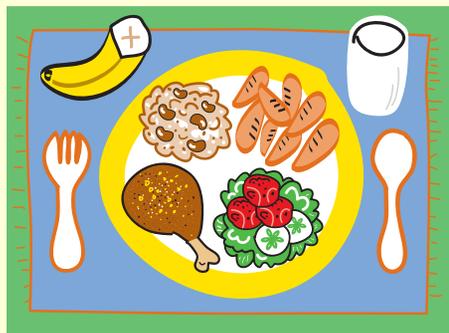


Let's try the "plate method" for healthy family meals. We fill half of our plate with colorful vegetables and fruits, and the other half with whole grains and a protein food.



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Breakfast

- pumpkin muffin
- sliced apples with peanut butter
- milk

Lunch

- broccoli chowder
- toasted cheese & tomato sandwich
- mixed fruit salad
- water

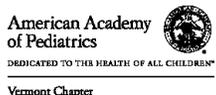
Dinner

- stir-fry with tofu, bok choy, red pepper and zucchini
- brown rice
- pineapple rings
- milk



Let's try something new:

Thank you for taking such good care of me! I love you!



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture (USDA), Food and Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at healthvermont.gov or call 800-464-4343. This institution is an equal opportunity provider.

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Hi – It's me, your social preschooler. Have you noticed? I love sharing family meals! Sometimes I talk more than I eat. Don't worry – offer me healthy foods, and I'll grow just fine. Eating together is a great way to enjoy food and each other. You're the best!

let's make time to eat together



tips for busy families

- Let me help. I can fold napkins, lay silverware, and clear dishes.
- Encourage me to try new foods, but please don't force me to eat them.
- Serve me small amounts of food. I'll ask for more if I'm still hungry.
- Be prepared for accidents. Give me unbreakable dishes and cups.
- Set a good example. I'm trying to be a grown-up just like you.



I look forward to our family meals when:



- Everyone is offered the same foods, but each of us is allowed to choose what and how much we want to eat from the meal.
- You trust me to know how much I should eat to grow to the size I'm meant to be.
- We turn off the TV, and talk, listen and laugh together.
- You help me learn good table manners, and stay calm when I accidentally spill or eat with my fingers.



Let's try these tips for making our meals a time to relax and connect as a family:

- Plan meals ahead and keep them simple.
- Make a weekly shopping list so our kitchen is stocked with healthy choices.
- Prepare an extra dish on the weekend that we can eat during the week.