

Here are some quick dishes we can make together:

- pb and celery sticks
- three bean salad
- mashed sweet potatoes
- blueberry pancakes
- tuna-veggie pockets
- banana bread

Cookbooks to look for at our local library or bookstore:

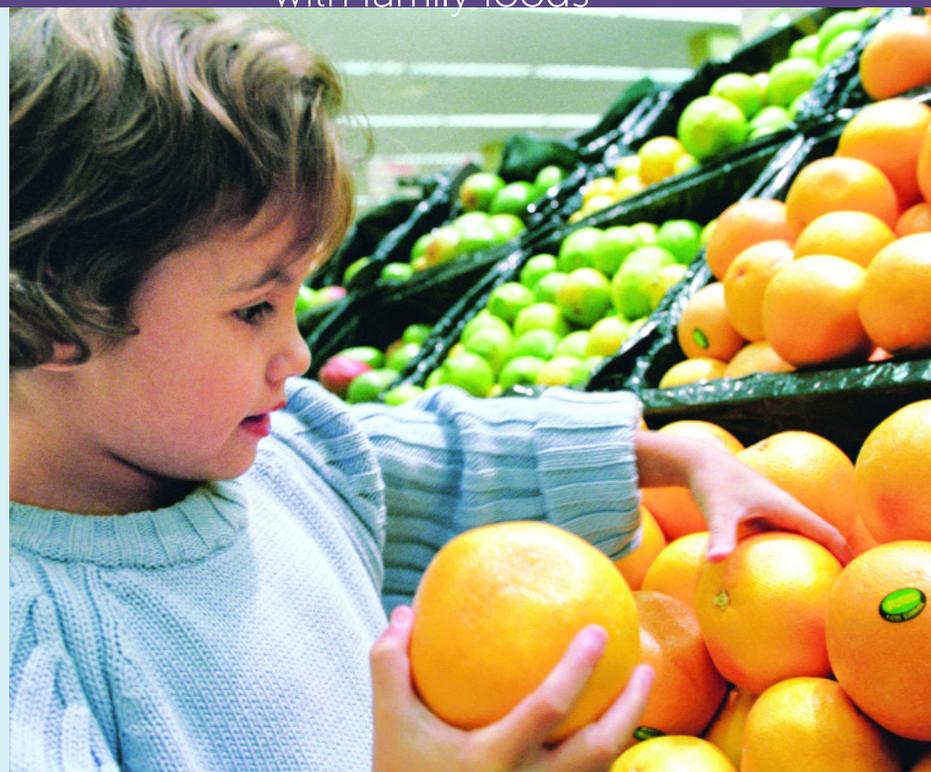
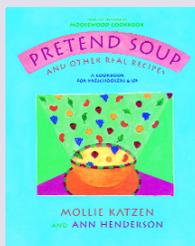
Pretend Soup by Mollie Katzen

Salad People and More Real Recipes by Mollie Katzen

Secrets of Feeding A Healthy Family by Ellyn Satter

Simply in Season Children's Cookbook by Mark Beach and Julie Kauffman

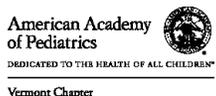
Williams-Sonoma Family Meals by Maria Helm Sinskey



Let's try something new:

Hi – Have you noticed? I'm a big kid now! I'm more willing to eat new things, and I love learning about food. At the store, I can hunt for the produce on our list, count the different colors of the vegetables in our cart, and guess how many oranges make one pound. You're my most important teacher. You're the best!

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



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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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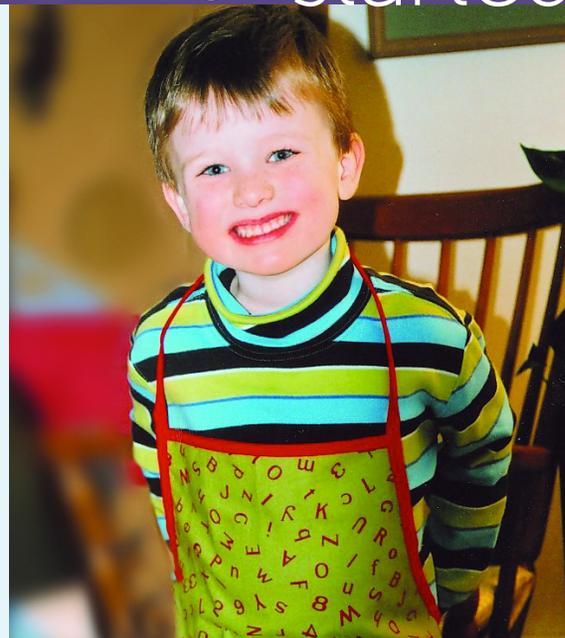
I like to help in the kitchen!



Kitchen time is a great time for me to learn about so many things. Here are some skills I can work on with your help, as long as we follow the safety rules!

- **Fine motor skills:**
by peeling, chopping, pouring and stirring
- **Math skills:**
by measuring, cutting things in half and quarters, setting timers
- **Language skills:**
by talking about how food looks, tastes, feels, smells
- **Social skills:**
by celebrating special people, places and events with food

let's get started!



We can:

- Make a vegetable stir-fry and give everyone a pair of chopsticks to eat with.
- Have a pizza party. We'll make the crust and let everyone add their own vegetable toppings.
- Bake a carrot cake and surprise everyone with an un-birthday party.

These days, I'm all about growing up and getting good at things. The healthy eating habits you teach me now will last a lifetime. And the good times we share around food will become happy family memories when I'm all grown up.



- Hold a vegetable taste-test and ask everyone to vote for their favorite veggie.
- Plant a salad garden. We can grow lettuce, tomatoes and peppers in flower pots right at home.