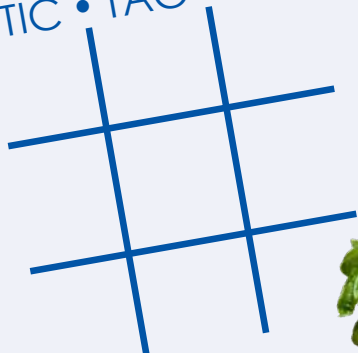


# ~ FAMILY FUN AT MEALTIME ~

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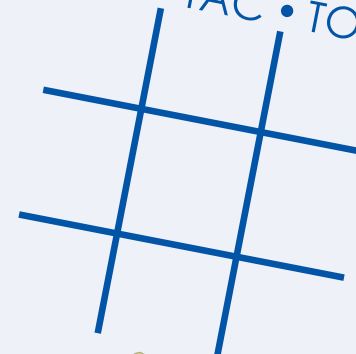
## HEALTH & WELLNESS TIPS

1

**Eat Fresh!** – In general, the healthiest options for your child are fresh, whole foods that haven't been processed. Choose dairy, fresh produce, and natural foods for mealtimes.



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**Grow Plants** – Plant some herbs, such as basil or cilantro, on a windowsill. Have your child water the herbs and watch them grow. Encourage your child to taste. Add them to your favorite recipe.

2

3

**Eat a Rainbow** – Challenge your child to eat a rainbow. Create a chart for your child to color in each time they eat a color. Can you eat a rainbow in a week?



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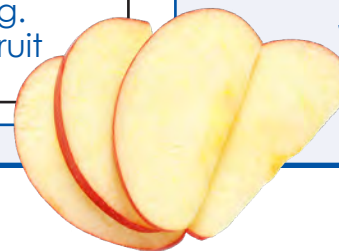


**Make Food Fun** – Be creative. For example, make "ants on a log." Place peanut butter on celery sticks and let your child add the ants (raisins).

4

5

**Sliced Fruit = Healthy Snack** – Keep already sliced fruits easily accessible in the fridge for healthy snacking. Children are more likely to eat fruit if it is cut up and easy to eat.



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