

# Dear Family,

This week your child learned about mealtime manners and fun ways to be active.

## Family Tips

**Sometimes new foods take time.** Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

**Be active together.** Take a walk with your child. Have them point out what they see.

## Fun Activities

Let your child be a "produce picker."  
Help them pick fruit and veggies at the store.

Today we picked \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ at the store.

## Make family time active time!

- Take a family walk after dinner.
- Play together – toss a ball, play tag.
- Play on a playground or hike at a local park.



## Eat Well Play Hard in Child Care Settings



Department of Health

Child and Adult Care Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.