

Dear Family,

This week your child learned how healthy snacks build strong bodies and give them energy to play.

Family Tips

Offer a new food many times. Keep trying. Many young children need to be offered a new food several times before they will try it and learn to like it. So, offer a small amount. If you keep offering a new food, eventually your kids will give it a try.

Play follow-the-leader. Have your child jump, run, gallop, leap, march, skip, and hop with you.

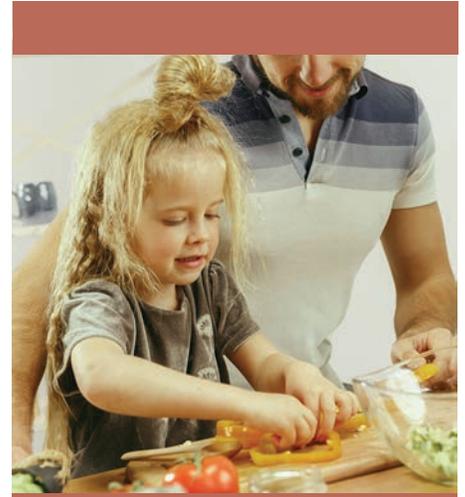
Fun Activities

Children like to try foods they help make.

- **Make healthy eating fun.** Fun ideas get kids excited to try new fruits and vegetables. Give vegetables and fruits fun names like broccoli trees, banana wheels, and orange smiles.
- **Let everyone help.** Kids learn by doing. Let your preschooler arrange vegetables and fruits into fun shapes or designs. Make an open face sandwich by laying a slice of low-fat cheese on whole wheat bread. Add sliced tomatoes for eyes and a strip of bell pepper for a smile.

Bubble Chase

Let your child blow bubbles. Have fun chasing, popping, or stomping them.



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.