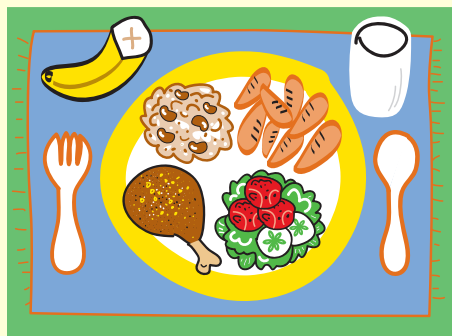


Let's try the "plate method" for healthy family meals. We fill half of our plate with colorful vegetables and fruits, and the other half with whole grains and a protein food.



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Breakfast

- pumpkin muffin
- sliced apples with peanut butter
- milk

Lunch

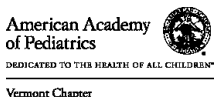
- broccoli chowder
- toasted cheese & tomato sandwich
- mixed fruit salad
- water

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!



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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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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.