



Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

Healthy eating is important at every age. Offering your family a variety of fruits, vegetables, grains, protein foods, and dairy (or fortified soy alternatives) is a way to help them eat healthy. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips.



Connect at Mealtime. Eat meals together whenever possible. Turn off the TV and put away phones and tablets, so you can "unplug" and focus on healthy foods and each other.



Plan Out Meals. Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let Everyone Help. Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help measure ingredients. Let anyone create and name their own side dish. Everyone can help clean up.



Serve a Variety of Foods. Include choices from each food group - fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives - in meals and snacks throughout the week.



Offer Nonfood Rewards. Foods aren't the only rewards that kids like. Younger kids may enjoy accumulating points to earn a special outing and older kids could earn extra screen time or allowance.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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Let Kids Choose. Get kids engaged with meal preparation at home. Serve meals "family style" to encourage kids to be creative with their plates.



Think About Their Drinks. Make water and low-fat or fat-free dairy milk or fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.

Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more _____ , _____ and whole grains



2. Eat foods lower in solid _____



3. Get your _____ rich _____



4. Be _____



Code

A=	N=
B=	O=
C=	P=
D=	Q=
E=	R=
F=	S=
G=	T=
H=	U=
I=	V=
J=	W=
K=	X=
L=	Y=
M=	Z=

Source: USDA Food and Nutrition Service



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