

Kid Tips

- 1) **Model healthy eating yourself**. They pick up on what you do more than what you say.
- 2) Let them know what you're learning. **Kids are smart**. Share the facts and your desire to be healthy.
- 3) Get them in the kitchen once in a while. **Cooking is a life skill**, and it can be a fun family activity.
- 4) Work towards getting the most incredible food education in your school. The Food is Elementary Curriculum. (see [Food is Elementary](#))
- 5) Keep at it. Don't ever give up. Tell your child they need to try at least 3 bites of something and then they may politely decline. (Just one suggestion...)
- 6) Have them look at cookbooks with pictures and help decide on meal choices. Give them 2 options that you already approve of so they have some say so...
- 7) Have them come to dinner hungry as best you can. My kids can have a snack after school of course, but no more eating after 4 p.m.

Please share ***your*** ideas with us!