5 Easy Ways to Enjoy FRUITS & VEGGIES

1. SET A GOOD EXAMPLE.
   Eat fruits and veggies every day yourself. Talk to the children around you about how good they look, smell, and taste. They just might give them a try!

2. MAKE THEM EASY TO SEE, EASY TO EAT.
   Leave fruits and veggies where kids can see them - on the counter or in clear containers in the refrigerator. Make them ready-to-eat by washing and cutting them ahead of time.

3. GET INTERACTIVE.
   Have children help fix fruits and veggies (see the Kids in the Kitchen tips). Other ideas include growing a fruit and veggie garden, joining a community garden project or visiting a local farm. Even reading together from children’s books about fruits and veggies can make a big impact. Check your local library.

4. GIVE KIDS A CHOICE.
   Take them on a grocery store “tour” or to a farmers market. Show them the many different shapes and colors of fruits and veggies. Have children pick out a new fruit or veggie they would like to try. At home, have them help fix it. Remember that likes and dislikes change as children grow. If they don’t like something the first time, wait a few weeks and try, try again!

5. PREPARE UNIQUE TWISTS OF FAMILIAR FAVORITES.
   Instead of high fat french fries, try seasoned, baked sweet potatoes. Some other ideas include broccoli in macaroni and cheese or fruit chunks in gelatin.

Kids in the Kitchen

2 year olds can:
- Gather ingredients
- Shuck corn & pull corn silk off
- Pour food from a can into a bowl
- Sprinkle toppings
- Crumble crackers
- Paint vegetables with butter
- Wipe the table and chairs
- Scrub vegetables
- Wash and tear salad greens
- Break cauliflower or broccoli
- Snap green beans

3 year olds can:
- Wrap sweet potatoes in foil for baking
- Pour liquids & mix/stir ingredients
- Make juice from concentrate
- Knead and shape dough
- Spread soft spreads
- Take grapes off stems
- Sort dry beans (take out stones)
- Find ingredients in the fridge or pantry
- Count spoons and forks
- Crack eggs into a small bowl
- Add eggs to batter

4 to 5 year olds can:
- Measure ingredients with help
- Cut soft foods with a blunt knife
- Grate cheese
- Put things away
- Wipe the counters
- Set the timer for cooking
- Peel bananas and oranges
- Shell hard boiled eggs
- Mash soft fruits, vegetables, & beans
- Set the table

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