

HEALTHY HABITS

FOR FAMILIES



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THE CHILDREN'S CENTER



Parent Tip Sheet #1

Food and Your Family

Food plays a major role in all families. It is important to encourage the whole family to make healthy food choices.

- Try to have at least one meal every day together as a family.
- Assign tasks to all family members to get dinner on the table.
- Establish some table rules – eat together at the dinner table. Say NO to TV!
- Don't give up on new foods! Research has shown that it takes a child 7-10 times of trying a new food to actually like it.
- Make your meals colorful. Offer a variety of different fruits and veggies.



GOAL: This week eat one meal every day as a family.

Be a Role Model for your Child

Remember that YOU are the parent and YOU determine what, where and how much your child is served.

- Food is not a reward for good behavior. Try words, hugs and kisses instead.
- Let your child help with meals. He or she can help you get the ingredients ready, watch you prepare the food, and help mix the recipe ingredients.
- Say no to sodas during mealtimes. No type of soda is good for your child's health because none of them contains nutrients.
- Stock your pantry and refrigerator with healthy foods that are easy to make, such as cheese and crackers, peanut butter and whole-grain bread, fresh fruits and vegetables.
- Throw away the junk food!

Healthy Recipe: Ants on a Log

- Celery, peanut butter or low-fat cream cheese, raisins
- Clean the celery. Spread the peanut butter or low-fat cream cheese on the celery then place the raisins on the peanut butter or cream cheese and *ENJOY*



Did you know? Studies have shown that eating meals together leads to stronger families in body and mind.

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