Tips for Happy Mealtimes

Make meals family time
Slow down, relax, and enjoy each other’s company—no TV or phones.

Get the kids to help
Let them pick out fruits and veggies at the store and do small jobs depending on their age.

Set an example
Eat healthy foods yourself!

Let the kids make choices
From the healthy foods you serve, let them choose which to eat and how much.
Keep in mind what the kids eat throughout the day
Offer healthy foods, and trust them to eat enough. They may eat more at some times than others.

Offer small amounts
Let your kids decide how much to eat. Let them stop when they say they are full.

For new foods, offer just a taste
Don’t give up if the kids don’t like them right away! Patience works better than pressure.

Let them learn to serve themselves
Teach them to take small amounts at first. Don’t worry about a few spills.

www.fns.usda.gov/tipsformoms.htm