

Catch Your Kids' Attention

Give your kids a jump-start on a lifetime of healthful eating by teaching them healthful habits. Here are some tips on how you can help your kids eat smart:

- **Kick-start the day with breakfast.** Breakfast “fuels” your children and gives them energy to get through the day. It also can help them do better in school. Some simple breakfast solutions include yogurt with fruit, whole-grain waffles, cold cereal with fruit or even last night’s pizza!
- **Plan for a snack attack !** Long periods of time between meals can make kids feel sluggish and cranky. Planned snacks at specific times of the day can keep your kids from losing their energy and will not spoil an appetite. Try low-fat mini muffins, animal crackers or fruit with a glass of milk.
- **Add some pizzazz to your child’s lunchbox.** Use large cookie cutters to turn peanut butter and jelly sandwiches into animals or cartoon characters. Use the leftover crusts for croutons or bread crumbs.
- **Got picky kids?** Get them involved! Have kids “draw” on top of a casserole with strips of cheese or vegetables. Have them write their names or draw a face with ketchup, mustard, jelly or honey on sandwiches or toast.
- **Follow the leader.** Children are watching what you do, so teach them to eat a variety of foods by trying them yourself.
- **Wrap it up.** Use a rolling pin to flatten one or two slices of bread. Spread peanut butter and fruit preserves onto bread and roll to create “bread wraps.” Pack bread wraps in a plastic container to prevent an undesirable “squish” effect.



Kid-Approved Snacks

Build-a-Sundae

1½ cups yogurt or cottage cheese
1 lb. chopped fruits

1. Put yogurt or cottage cheese in individual bowls.
2. Add fruits, such as applesauce, raisins, chopped dates, berries, bananas, etc.

Tip: Top with nuts and unsweetened cereal, if desired.

Sunshine Dip

2 cups plain or nonfat yogurt
2 Tbsp. orange juice concentrate

1. Mix ingredients together.
2. Use as a dip for pieces of raw fruit, such as peaches, strawberries and bananas.

Tip: Experiment with concentrates of other juices, too!
Try grapefruit, lemonade or fruit punch concentrate.

Adapted from:
"Meals Without Squeals"
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