

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



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