

Dear Family,

This week your child learned about lots of colorful vegetables and how to make movement fun.

Family Tips

They learn from watching you. Eat fruits and veggies and your kids will too. Have a color contest to see how many green, red, yellow, and orange vegetables you can include in a meal.

Get active after mealtime. Have your child roll, throw, toss, kick, and catch soft household objects like rolled up socks, balls of yarn, or beanbags.

Fun Activities

Put your children in charge. Ask them to name a vegetable they helped prepare. Make a big deal of serving “Maria’s Salad” or “Juan’s Sweet Potatoes.”

Today we made _____.

Make a paper ball with your child.

Crumple up one full sheet of paper (ex. from a newspaper or magazine) to form one paper ball. You may wrap the ball with masking tape as well. Play basketball by having your child throw the ball into a trash can, box, or bin.



Make half your plate vegetables and fruits



Eat Well Play Hard in Child Care Settings



Department
of Health

Child and
Adult Care
Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.