



Fruits and Vegetables Parent Handout

How Do I Get My Kids to Eat More Fruits and Vegetables?

1. Don't give up!

- Sometimes a kid loves a new food at first taste – other times, it takes many tries.
- Use the **ONE BITE RULE** – ask kids to try just one bite.
- If they don't like it, that's fine – no need to force.
- But keep offering new fruits and vegetables – soon your child will be asking for more!

2. Be a good role model

- Regularly eat meals with your kids and model healthy eating.
- Try this – take a large helping of salad and say, "I love this!" Your kids will be happier to try salad and soon say they love it, too!

3. Let kids make decisions between healthy options

- Offer your child two or three healthy choices to pick from.
- Choosing between carrots and peas shows kids their opinions matter.
- Ask kids to pick the fruit or vegetable for a meal.



4. Kids like to eat what they make

- Help your child look in cookbooks, magazines, newspapers, and online for recipes.
- Let them help make a shopping list.
- At the supermarket they can have fun hunting for fruits and vegetables.
- Back at home enjoy preparing the recipe together. Try this one!



Confetti Bean Salsa

- 1 can red or black beans
- 1 cup frozen or canned corn, cooked and drained
- 2 fresh tomatoes chopped
- ¼ white onion chopped
- ¼ cup chopped fresh cilantro
- Juice of one lime or 2 tsp lime juice

1. Mix all of the ingredients.
2. Dip raw broccoli, baby carrots or slices of whole wheat tortillas, corn tortillas or pita bread in the salsa and enjoy!