



# RAISE A FRUIT AND VEGGIE

# L<sup>🍓</sup>OVER



## Be A Positive Role Model

Kids learn about food choices through you. Let your kids see you enjoying fruit as a snack and veggies at meals.



## Cook Together

Let your kids wash fruits and veggies, toss salad, add veggies to a pizza, and mash potatoes. They may be more likely to eat them if they prepared them.



## Start A Garden

Teach your kids where their food comes from. A tomato plant is an easy plant to start with and can be grown in a pot.



## Involve Your Kids In Grocery Shopping

Have your kids pick a new fruit or veggie to try each week. They may be more likely to try it if they picked it.



## Take The Pressure Off

It can take 10-15 times before a kid accepts a new food. Keep exposing your kids to the same veggie in different ways without pressure. Trust that they'll eat the veggie when ready.



## Make It Fun

Think smoothie popsicles, root veggie fries, rainbow fruit kabobs, veggies and dip, and fun food faces.



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