



Bright and colorful greens

### Fun things to do with kids in the kitchen:<sup>4</sup>

Help your child learn how to help in the kitchen. Never leave children unattended and do not give young children sharp objects.

- Wash and bag veggies
- Mix veggies with seasoning
- Measure and mix vegetable dip
- Create a salad
- Count the number of vegetables or pieces
- Have fun adding vegetables to foods your child already enjoys (i.e. pizza)
- Make art on your plate using vegetables. Shredded carrots for hair, pepper smiles, cucumber eyes. Be creative!

## References

- 1) Loeb KL, Radnitz C, Keller K, et al. The application of defaults to optimize parents' health-based choices for children. *Appetite*. 2017;113:368-375.
- 2) Kraak VI, Englund T, Misyak S, Serrano EL. A novel marketing mix and choice architecture framework to nudge restaurant customers toward healthy food environments to reduce obesity in the United States. *Obesity Reviews*. 2017;18:852-868.
- 3) Healthy Tips for Picky Eaters. United States Department of Agriculture Web site. [https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/HealthyTipsforPickyEaters\\_031418\\_508.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/HealthyTipsforPickyEaters_031418_508.pdf). Accessed March 11, 2019.
- 4) Kitchen Activities. United States Department of Agriculture Web site. <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/KitchenHelperActivities.pdf>. Accessed March 11, 2019.



**STOP**  
**THE WAR ON**  
**VEGGIES**

*Making vegetables yummy for  
your child's tummy*



## A Nudge In The Right Direction

### Does your child eat the same food over and over?<sup>1</sup>

That's normal, we all like familiar things but it can make mealtime boring.

Colorful vegetables make mealtime fun!

Adding vegetables to every meal will make them more familiar and likeable.

Vegetables work great as both meals and snacks.

It will also make veggies more familiar to your child!

### Building Healthy Habits<sup>2</sup>

Television, movies and social media advertise junk food to children and make them it fun and exciting.

Vegetables do not.

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*"I got this food from the ground!" -Scarlett, age 5*

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### That Doesn't Mean They're Not Exciting!<sup>3</sup>

Vegetables come in different shapes, sizes, colors and flavors. Explore your grocery store with your child. Let them pick the vegetables.

Don't forget the canned and frozen aisles too!

### Sometimes it's ok to eat food off the ground...

Children don't always know where food comes from. Explain to your child that many foods grow in the ground and not in the grocery store.

Try a garden and allow your child to water and pick their own food.



*A bright bowl of vegetables with different colors and tastes*

### Making Choices...<sup>1,2</sup>

Start your child's meal with veggies, this is when they will be most hungry. Have fun talking with your child about the vegetables color, flavor and other fun things they notice.

Giving your child too many choices can make it hard for them.

Letting your child pick the vegetable lets them make choices. It doesn't make them decide between a vegetable and junk food.

Plan your meals out so that you don't skip your vegetables when you're in a hurry. Washing and chopping them in advance can also save you time.

Make up little baggies of veggies that you can take with you to snack on when you're away from home.