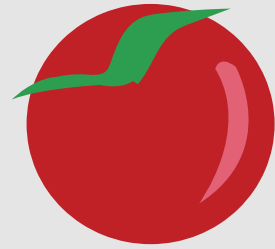


Kid Friendly Zone



Simple Snacks

Fruits and veggies make great snacks!

Kid Food

Kids don't need special food. They can eat the same foods you do.

Try, Try Again!

If your child does not like a food the first time, don't give up. Try offering it again.



Drinks

Unflavored milk and water are usually the best options for kids. Skip sweet drinks.

Dip Dip Dip

Dipping unfamiliar foods like broccoli in familiar foods like ketchup can help kids to learn to like veggies.

Family Meals

Sitting down as a family is good for children in many ways.



Kids Can Cook!

Give your kids age-appropriate jobs to help in the kitchen.

Desserts

Don't use food as rewards or bribes. Offer small portions once in awhile.

Make Food Fun

Making simple food art can help kids try new foods!



For more information and healthy tips

Visit us at www.SNAP4CT.org

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Eat well. Spend less.