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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