

Continuing Healthy Nutrition with Your Children at Home



Proper and Healthy Nutrition at home can be helpful and fun!

Helpful Tips:

1. Food Safety (which includes continuous hand washing with your children)
2. Preventive Chocking Tips
3. Proper Cooking Methods
4. Serve Safe with Food

Tips for Picky Eaters:

- **Picky Eating**-It's simply another step in the process of growing up and becoming independent. As long as your preschooler is healthy, growing normally, and has plenty of energy, he or she is most likely getting the nutrients he or she needs.
- How to work with typical picky eating behaviors
- Healthy Tips for picky eaters
- Kitchen Helper Activities for you and your child to share in the kitchen
- Helpful phrases to encourage your child to try different foods and eat more healthy while at home.

Fun Loving Snack Recipes to Make with your Children in the Kitchen

- Apple Slice Pancakes
- Fantastic French Toast
- Fruit Kabobs with Yogurt Dip
- Italian Pasta Salad
- Tortilla Chips and Bean Dip
- Peach Cooler
- Crunchy Vegetable Wraps

Food Safety Tips Link:

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-food-safety>

Picky Eaters Helpful Tips Link

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-picky-eating>

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