

# Children Who Eat Healthy Are Better Prepared To Learn

Ideas for parents of picky eaters:

- Keep only healthy food in the house- Your child will eat something!
- Try casseroles with some of your child's favorite meats and cheeses with cooked vegetables.
- Try spinach tarts (with Mozzarella and Parmesan cheese) or fruit tarts.
- Try vegetable casseroles- Spinach, eggs and meat; squash or zucchini, onions and bisquick; broccoli and cheese, etc...
- Try salads- let your child make his/her own and add some of their favorite things- fruits, nuts, apple pieces, mandarin oranges, raisins, banana pieces, eggs, shredded carrots, etc...
- Plant a garden of vegetables together. Children often will try things that they help grow.
- Cook together- Sometimes this is motivation to try new things.

Try these things for their lunch box or at home:

- Turkey and cheese or ham and cheese rolled together instead of a sandwich. Or maybe wrap tuna or egg salad in a tortilla.
- Some children will eat things on or with crackers even if they won't eat it on a sandwich. Turkey crackers are great!
- Use dips. Children usually love to dip things. Mustard, ketchup or sauces work great for meat. Salad dressings usually work for vegetables. I have heard Ranch dressing makes anything taste good!
- Try peanut butter on bananas, apples and celery.
- Use plain yogurt to substitute for mayonnaise when making tuna, egg salad or sandwiches.
- Mix extra fruit in yogurt or use fresh fruit as a topping over frozen yogurt.
- Some children like vegetable soup even though they don't like vegetables- some like it with noodles or rice in it- some with meat. Try a few different ones.
- Let your child have choices of which healthy food they would like in their lunch. Ask, "Would you like carrots or corn tomorrow". When they get to choose they will be more likely to eat it!
- Have your child help you prepare and pack their lunch.

Children's likes and dislikes are always changing. Make sure you are always offering a variety of healthy food. Try not to send the same thing everyday, make eating an exciting time for your child!

**Remember drinking water stimulates the brain!**

