

Eat 5 fruits and vegetables every day. • Healthy foods are ANYTIME FOODS.

Eat Together as a Family.
Be active everyday!



Healthy Habits for Life has five key messages:

- Eat 5 fruits and vegetables every day!
- Anytime foods are so good for you, they may be eaten anytime. Eat a vegetable at every meal! These foods include fruits, vegetables, beans, whole grains and low fat milk. These foods are all in the new WIC food packages!
- Sometimes foods are usually high in sugar, fat or salt, so enjoy them sometimes.
- Eat together as a family.
- The more you move, the healthier your body is, so be active every day!



Hello, Families!

Families and children deserve a BIG congratulations!

Did you know?

Children who eat family meals eat more nutritious food, but that's not all. Family meals give children and families a chance to reconnect. Whether you're having pizza or a full-course feast, it's a chance to celebrate something very important – being together.

We've completed the Healthy Habits for Life Program.

We've learned to make healthy choices, stay physically active, limit sedentary time, eat our colors, eat at least five servings of fruits and vegetables a day and listen to our bodies. We want to thank you for being a key member of your child's healthy team. You can congratulate your child with the certificate you received. Have your child fill in his name and color it, then display it on the refrigerator.

You can help at home.

We've made nutritious food and physical activity part of our daily routine and hope you'll find ways to do the same at home. Take advantage of the everyday moments you share with your child. In the kitchen, talk about why you chose a certain vegetable for dinner. Or whip up a healthy snack together. Also be ready with activity ideas (especially on bad weather days) so your child doesn't spend too much time on the couch.

Little by little, you can weave healthy habits into your family's routines. For inspiration (or a few good ideas), look no further than your child. Do you know how to dance the Mango Tango? Your child can show you how.



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Hello, Families!

In our program we've been practicing how to make healthy choices.

In our program:

We've been thinking about the foods and drinks we put in our bodies and the activities we do **with** our bodies.

Did you know?

When adults provide meals and snacks on a regular schedule and offer children a variety of healthy foods and drinks, children are more likely to develop healthy eating habits.

It's hard for children to choose cucumbers over a cookie – and they don't always have to. **Sometimes** it's okay to have cookies – as Cookie Monster says, "Cookie is a sometimes food!" But focus on **anytime** foods everyday by letting children choose from a variety of healthy foods, including fruits and veggies, and offering water and low fat milk to drink.

You can help at home.

Offer your child the choice between two healthy options such as tomatoes and cucumbers, rather than vegetables and a cookie or other sweets. In addition to offering children lots of healthy foods, you can model healthy eating and a physically active lifestyle.

Let him do it.

Children enjoy eating snacks they make themselves. A turkey cheese rollup is the perfect "recipe" for the first-time cook. Set out a piece of lean turkey deli meat, lay a slice of cheese on top and roll it up.

Throw your child a curve.

Try clever new combinations:

- Cream cheese and peach or nectarine
- Chocolate graham crackers with strawberries or banana
- Steamed broccoli and cauliflower florets with ketchup
- Cucumbers or red bell pepper with hummus
- Melons or grapes with cheddar or American cheese
- Mushrooms and fresh greens with low fat ranch dressing
- Fresh tomato, mozzarella cheese, and fresh basil



This institution is an equal opportunity provider.

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