

Veggies for Kids

Some children are afraid to eat, or even try vegetables. If your child refuses to eat a vegetable, don't worry! His likes and dislikes will change with time. Don't force your child to eat.

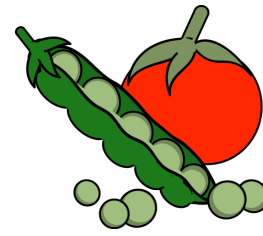


- ☺ **Let your child see you and others eating and enjoying vegetables.**
Your child learns best by watching what others eat.
- ☺ **Take your child to the grocery store or farmers' market.**
Talk about the different vegetables.
Let your child choose a vegetable to try at home.
- ☺ **Let your child help in the kitchen.**
Small children can help by washing vegetables, stirring salads or putting vegetables together in a bowl. Children love to eat what they help to cook!
- ☺ **Make fun veggie snacks for children.**
If your child refuses vegetables at a meal, offer vegetables at snack time.
- ☺ **Keep vegetables in sight.**
Store cut up carrots, broccoli, cauliflower and other raw vegetables in a clear container in the refrigerator.
- ☺ **Offer raw vegetables with low fat ranch dressing, dill dip or salsa.**
Vegetables often taste better when they are raw. Try raw broccoli, carrots, cherry tomatoes, pepper strips, cauliflower, pea pods and cucumber slices. Veggies are fun to dip!
- ☺ **Serve vegetables first at meal times.**
Your child may eat the vegetable when he is hungry, and you are busy cooking or putting food on the table.

- ☺ **Sprinkle shredded cheddar or parmesan cheese on vegetables.**
Try cheese on cooked broccoli, cauliflower or carrots.
- ☺ **Cook dishes with plenty of vegetables.**
Enjoy stir fries, tacos, soups and stews.
- ☺ **Add vegetables to scrambled eggs.**
Stir in cooked, finely chopped broccoli, carrots, red peppers or green peppers.
- ☺ **Make a Pasta Salad with vegetables.**
Toss together chopped broccoli, cauliflower, tomatoes and cooked pasta with Italian salad dressing.
- ☺ **Carrots are one of our most nutritious vegetables.**
Offer baby carrots, carrot sticks or shredded carrots for finger foods.
- ☺ **Shredded carrots can be added to many of your favorite foods.**
Add shredded carrots to meatloaf, spaghetti sauce, pizza sauce, salads, soups and tacos.
- ☺ **Broccoli is also a popular and very nutritious vegetable.**
Dip raw broccoli in a veggie dip, salsa or warm cheese dip.
- ☺ **Add small pieces of cooked broccoli to canned soups, boxed rice dishes, meatloaf or lasagna.**

More Veggies to Love

- ☺ **Bake with vegetables.** Mashed sweet potatoes, pumpkin and shredded carrots can be added to muffins or quick breads.
- ☺ **Chopped spinach can be added to meatloaf, meatballs, lasagna and soups.**
- ☺ **Add fresh spinach leaves to your favorite salad for more nutrition.**
Try the baby spinach leaves in your salad.
- ☺ **Don't force your child to eat vegetables.**
Forcing will only teach your child to hate vegetables. If your child refuses to try or eat vegetables, relax. Offer vegetables again at the next meal or snack.
- ☺ **Continue to offer fruits at meals and snacks.**
Fruits have many of the same nutrients as vegetables. Some children prefer fruits.
- ☺ **Don't give up!** Don't make a list of vegetables that your child doesn't like. Your child may change his mind as he grows older. He may even love some of these vegetables later.



Tomatoes

There are many ways to enjoy tomatoes.

Tomatoes can be eaten raw – like an apple. Cherry and grape tomatoes make fun finger food.

Tomato slices make an easy side dish. Just rinse, slice and serve at lunch for a quick vegetable!

Chopped Tomatoes can be added to many of your favorite foods:

- ♥ Spaghetti sauce
- ♥ Macaroni and cheese
- ♥ Sprinkle on pizza before baking.
- ♥ Add to your grilled cheese sandwich
- ♥ Stir into your vegetable soup.
- ♥ Add on your cold sandwiches.

Pizza Tomatoes

A family favorite that tastes like pizza.

2 large tomatoes, sliced into ½ inch slices
4 ounces shredded mozzarella cheese
Dry basil
Dash of salt and pepper

Spray baking sheet with nonstick cooking spray.
Spread tomato slices on baking sheet.
Sprinkle with salt, pepper, cheese and basil.
Broil for 2 minutes or until cheese begins to melt.
Serve!

