

Eat an Alaskan



Grow healthy Alaskan kids.



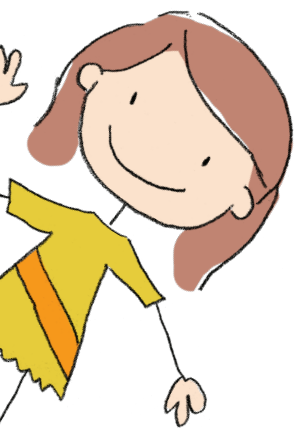
Nourish them by serving 2-3 cups of vegetables and fruits per day.

What's so special about vegetables & fruits?

Whether they are canned, fresh, frozen, or dried, each color of vegetable and fruit has something special to make us healthy. It's important to eat as many different colors as you can to make sure you are getting all of the "good stuff."

TIPS

for getting your kids to eat more vegetables & fruits



Get them involved!
When shopping, let your kids be "produce pickers". Let them select a new vegetable or fruit to try... or several!

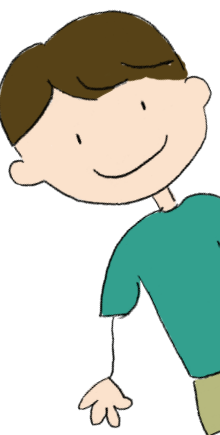
Make vegetables and fruits fun!
Try dressing up sandwiches with faces and smiles made from vegetables and fruits.

Go to the source!
Plant a garden or go berry picking. Kids who grow or harvest their own food are more likely to eat vegetables and fruits.

Make healthy snacks available!
When kids come home hungry, have vegetables and fruits in reach and ready to eat.

Have a picky eater at home?
Puree vegetables and fruits and "sneak" them into sauces, casseroles, and baked goods.

Don't give up!
Studies show that kids need multiple exposures to try and like new foods.



A community message from:

