



Veggies are fun!

Concerned your child doesn't like vegetables? Make eating veggies fun — the recipes and ideas in this newsletter may help. It's natural for children to be wary of new foods or even to turn their nose up at a formerly favorite food. Be patient, and stay positive.

Don't force kids to eat something if they don't want to, and don't bribe them either. Continue to offer vegetables, and encourage your child to try them. If your kids see you enjoying vegetables, they will eventually try them too.

Children who are involved with growing, selecting, and/or preparing food are more likely to try these foods. Let your child pick a new vegetable at the grocery store, or make these fun recipes together.

Children can learn about healthy eating and becoming more active from reading books.

Want to find books on those topics to read with your child?

Go to our Goodreads account

<http://umurl.us/OLPI>

(Case-sensitive URL)



Let's Make Sheep

Children can make cauliflower sheep all by themselves.

For each sheep, they will need:

- 1 piece of cauliflower (stem removed)
- 3 raisins
- ½ piece of low-fat string cheese, cut into 4 pieces
- 1 tablespoon low-fat or reduced-fat cheese spread

Directions:

1. Wash hands and surfaces.
2. Put a piece of cauliflower on a plate.
3. To make legs, stick the four pieces of string cheese to the flat side of cauliflower with cheese spread.
4. To make the eyes and nose, dip three raisins in the cheese spread and attach to the cauliflower. Yum!

Kids in the Kitchen

With these recipes your child gets to practice skills like:

- washing vegetables
- dipping vegetables into the Bunny Dip



Recipe

Bunny Dip

(Makes 2 cups)

Ingredients:

- 1 cup plain low-fat yogurt
- 1 cup light or fat-free sour cream
- 1 package ranch dressing mix
- Vegetables for dipping such as carrots, broccoli, cauliflower and cherry tomatoes, cut in half

Directions:

- Wash hands and surfaces.
- Stir all ingredients together in a medium-size bowl.
- Refrigerate leftovers immediately.

More fun with veggies

Vegetables are fun to eat – use these ideas:

- Make trees by using broccoli as tree tops.
- Make Ants on a Log by spreading peanut butter (or other spread like reduced-fat cream cheese) on celery stalks. Raisins are sprinkled on top to resemble ants.



Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance