Meal planning eliminates guesswork and alleviates stress on a parent’s already-busy day.

**Plan Meals**

1. **Offer Healthy Choices**
   - Introduce new healthy options alongside your child’s tried-and-true favorites.

2. **Personalize Your Child’s Plate**
   - Make mealtimes more fun and engaging by personalizing your child’s plate.

3. **Avoid Distractions During Mealtime**
   - If your children reject the options put in front of them, try to avoid other distractions.

4. **Keep Healthy Ingredients On Hand**
   - Sugary snacks are designed to easily grab and go, which can encourage less than healthy eating throughout our busy schedules.

5. **5 Tips for Getting Kids to Eat Healthier**
   - Mealtime doesn’t have to be a battle. Get your kids to eat healthier with these realistic strategies and tips.

   **Meal planning eliminates guesswork and alleviates stress on a parent’s already-busy day.**

   **Plan Meals**

   - **1. Offer Healthy Choices**
     - Introduce new healthy options alongside your child’s tried-and-true favorites.

   - **2. Personalize Your Child’s Plate**
     - Make mealtimes more fun and engaging by personalizing your child’s plate.

   - **3. Avoid Distractions During Mealtime**
     - If your children reject the options put in front of them, try to avoid other distractions.

   - **4. Keep Healthy Ingredients On Hand**
     - Sugary snacks are designed to easily grab and go, which can encourage less than healthy eating throughout our busy schedules.

   **5 Tips for Getting Kids to Eat Healthier**

   - **1. Plan Meals**
     - Meal planning eliminates guesswork and alleviates stress on a parent’s already-busy day.
     - Commit to shopping only for ingredients that support your meal plan
     - Provide only 2 or 3 healthy drink options at each meal (water, milk, non-dairy alternative)
     - Encourage your child to grab and go stock your fridge and pantry with healthier grab-and-go snack options
     - Try dried fruits or veggies in portable containers at kid-height
     - Have some pre-sorted baggies of strawberries, blueberries, and grapes for a healthier and nutritious alternative

   - **2. Offer Healthy Choices**
     - Explain how to pick fruits and vegetables at the store.
     - Prepare dinner with a protein and three veggies, then allow them to choose two of the three

   - **3. Personalize Your Child’s Plate**
     - Make mealtimes more fun and engaging by personalizing your child’s plate.
     - Younger children may enjoy food that’s presented in a funny, silly, or interesting way
     - Encourage your child to get more involved by actually choosing what foods go on their plates

   - **4. Avoid Distractions During Mealtime**
     - If your children reject the options put in front of them, try to avoid other distractions.
     - Turn the TV off during mealtime
     - Restrict phone and tablet usage while you’re at the table

   - **5. Keep Healthy Ingredients On Hand**
     - Sugary snacks are designed to easily grab and go, which can encourage less than healthy eating throughout our busy schedules.
     - Stock your fridge and pantry with healthier grab-and-go snack options
     - Try dried fruits or veggies in portable containers at kid-height
     - Have some pre-sorted baggies of strawberries, blueberries, and grapes for a healthier and nutritious alternative

*Source: Kids Data*