

Healthy Eating

Eating to be healthy is important to many families. Sometimes, it can be hard to think about how to add variety to our eating habits that helps us be healthier. Some easy ideas to try:

- *Meal Plan with Your Family* – Pick two or three meals together as a family to prepare. Talk about including different colors of foods in your meal. Try to include a variety of foods.
- *Eat Together as a Family* – Talk about your day, share what you are looking forward to, and the best memories of a recent holiday.
- *Drink Plenty of Water*
- *Don't Reward or Demand Clean Plates* – Encourage one another to eat only if you are hungry – not until we are full.
- *Offer Healthy Snacks* – We will all eat healthy snacks when we are hungry – when the cookies and chips are not available.



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