Dear Family,

This week your child learned about mealtime manners and fun ways to be active.

Family Tips

**Sometimes new foods take time.** Kids don’t always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

**Be active together.** Take a walk with your child. Have them point out what they see.

Fun Activities

Let your child be a “produce picker.”

Help them pick fruit and veggies at the store.

Today we picked

__________________________________________
__________________________________________
__________________________________________
__________________________________________

__________________________________________ at the store.

Make family time active time!

- Take a family walk after dinner.
- Play together – toss a ball, play tag.
- Play on a playground or hike at a local park.