How to Get Your Kids to Eat Their Vegetables

• **Be an example.** Let your children see you eat vegetables. Be sure to say positive things about what you’re eating.

• **Serve them at meals.** Take advantage of hungry kids. Put veggies on the dinner table before the rest of the food for the kids to eat while they’re waiting.

• **Let the kids have a say.** For example, when planning a vegetable for dinner say, “Do you want broccoli or carrots?”

• **Involve the kids.** At the store, let your child place the veggies in the cart. At home, they can help by scrubbing sweet potatoes, tearing lettuce, or cutting a tomato or bell pepper with adult supervision.

• **Grow it!** Kids are more likely to eat veggies they grow. No room for a garden? Use a flower pot in a sunny spot outside.

Vegetable of the Month:
Asparagus

**Step-by-Step Preparation**

1. Wash hands. Thoroughly rinse asparagus to remove any dirt or sand.

2. Chop off white, woody ends. These ends have a tough texture.

3. If roasting or grilling, leave spears whole.

4. If sautéing or using in stir-fry, chop asparagus into bite-size pieces of about one inch.

Points to note:

- **WIC** provides fruits and vegetables for children under age 5 years and women that are pregnant or just had a baby. They also have tips for eating more fruits and vegetables. Call 1-800-532-1579 for information on how to apply.

- Need More Ideas for Getting Your Family to Eat Fruits and Vegetables?

- **IOWA WIC**

Funded by USDA’s SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa’s Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [dhs.iowa.gov/food-assistance](http://dhs.iowa.gov/food-assistance) for more information.

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