

# April 2017



Pick a **better snack**™



## 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.



Adapted from Montana State University Extension.

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

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.



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