

## How can kids help prepare and cook meals?

- Give kids a chance to write favorite healthy foods on the grocery pad.
- Bring children to the grocery store and encourage them to help choose healthy foods, such as fruits, vegetables, lean meats, wheat bread and low-fat dairy products.
- Allow children to select one snack/treat item in the grocery store – they will think more carefully about what they really want!
- Let kids read the ingredient list and recipe instructions.
- Ask kids to get the ingredients out of the refrigerator or pantry.
- Kids can also help parents mix, or stir ingredients in the recipes.

