



1-1½ YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:

I AM A TODDLER.

PLEASE HELP ME AS I LEARN TO EAT.

I am changing. I want to feed myself and learn about food. But some days, I won't eat! All toddlers act this way. Please:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.
- I can choke! Cut my food into tiny pieces.
- Let me eat until I act full. If I am not hungry now, I will be at snack time. Please don't force me to eat.
- Eat with me. I eat and learn better when we eat as a family.

WHAT KINDS SHOULD WE EAT?

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Buy some of each to last until your next shopping trip.



- Frozen vegetables have as many vitamins and minerals as fresh. Choose packages that contain vegetables and nothing else - no added fat, salt, or sugars.

- Buy canned fruits that are packed in "100% juice" or water.

- Rinse canned beans and vegetables with cold water to make them lower in salt.

- Look for canned vegetables that say "No added salt" on the front of the can. Buy them when they go on sale.



- Cooked vegetables or ripe fruits that are cut into small pieces are easy for your child to eat.
- Cut whole grapes and cherry tomatoes into smaller pieces to prevent choking.



OFFER SOFT VEGETABLES AND FRUITS AT MEALS AND SNACKS.



I WANT TO DO THINGS MYSELF!

FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings	<ul style="list-style-type: none"> • ¼ slice bread or tortilla • 1 to 2 tablespoons rice, noodles, or cooked cereal • 2 to 4 tablespoons dry cereal • 2 to 3 crackers 	<ul style="list-style-type: none"> • Puffed or O-shape cereal. Other dry cereal is hard to eat.
VEGETABLES 3 Servings	<ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces vegetable or tomato juice 	<ul style="list-style-type: none"> • Cooked, not raw vegetables. • Many kinds and colors: dark green, orange, red, yellow, and purple.
FRUITS 2 Servings	<ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces 100% fruit juice 	<ul style="list-style-type: none"> • Cooked or soft raw fruit. • Many kinds and colors: red, yellow, orange, blue, and green. • Juice in a cup. 4 ounces a day is plenty.
MILK & MILK PRODUCTS 4 Servings	<ul style="list-style-type: none"> • ½ cup whole milk or yogurt • ½ to 1 slice cheese 	<ul style="list-style-type: none"> • Whole (not low-fat) milk. • Milk in a cup. 16 ounces a day is plenty.
MEAT & BEANS 2 Servings	<ul style="list-style-type: none"> • 1 to 2 tablespoons meat, chicken, turkey, or fish • ½ egg • 1 to 2 tablespoons cooked WIC beans or tofu 	<ul style="list-style-type: none"> • Well-done, but moist and chopped meats. • Mashed, cooked WIC beans. <p>Don't give me hot dogs or peanut butter. I can choke on them.</p>

LOOK WHAT I CAN DO!

- I can drink from a cup. Use a small cup that cannot break. I am learning to use a spoon. Please be patient with my mess as I learn.
- I can walk. My legs are getting strong. Let's walk together.
- I can say a few words. I listen to you. Talk with me so I can learn more.



MEAL IDEA

BREAKFAST

- Chopped egg
- Toasted whole grain bread or corn tortilla
- Chopped plum
- WIC milk or breast milk

MORNING SNACK

- O-shape WIC cereal
- WIC juice

LUNCH

- Chopped chicken
- Noodles
- Chopped green beans
- WIC milk or breast milk

AFTERNOON SNACK

- Cheese
- Chopped carrots

DINNER

- Mashed WIC beans
- Rice
- Chopped broccoli
- WIC milk or breast milk

EVENING SNACK

- Puffed WIC cereal



LET ME DRINK WATER BETWEEN MEALS AND SNACKS.

HEALTH AND SAFETY TIPS

- I must sit when I eat. Buckle me into a high chair.
- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water.
- Buckle me into a child safety seat before I ride in a car.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.



1-1½ ANE

MWEN SE YON NOURISON.

TANPRI EDE M PANDAN M AP APRANN MANJE.

Mwen ap chanje. Mwen vle bay tèt mwen manje epi aprann konsènan manje. Men kèk jou, mwen pap manje! Tout nourison yo aji fason sa a. Tanpri:

- Ban mwen tidejene, dejene, dine, ak 2 oubyen 3 kolasyon sen. Ofri m yo nan menm lè a chak jou.
- Mwen ka trangle! Koupe manje m lan nan ti zwit moso.
- Kite m manje jiskaske m montre vant mwen plen. Si mwen pa grangou kounye a, m ap santi l nan moman kolasyon an. Tanpri pa fòse m manje.
- Manje ak mwen. Mwen manje epi mwen aprann pi byen lè nou manje kòm yon fanmi.

KI TIP NOU TA DWE MANJE?

- Fwi ak legim, fre, konjle ak ankonsè v tout se chwa entelijan. Achte kèk nan chak pou dire jiska pwochen vwayaj pwovizyon w lan.

- Legim ki konjle gen menm kantite vitamin ak mineral tankou sa ki fre yo. Chwazi pake ki gen legim epi anyen ankò - san yo pa mete grès, sèl, oubyen sik.

- Achte fwi ankonsè v ki anbale nan "ji 100%" oubyen dlo.

- Rense pwa ak legim ankonsè v ak dlo fret pou rann yo pi ba nan sèl.

- Chache legim ankonsè v ki di "yo pa ajoute sèl" sou devan mamit lan. Achte yo lè yo nan pwomosyon.



- Legim ki kwit oubyen fwi ki mi ki koupe nan ti moso fasil pou timoun ou an manje.
- Koupe rezen antye ak tomat seriz nan moso ki pi piti pou evite trangle.



OFRI LEGIM AK FWI KI MOU KÒM MANJE AK KOLASYON.

MWEN VLE FÈ BAGAY YO POU KONT MWEN!



GADE KISA M KA FÈ!

- Mwen ka bwè nan yon gode. Itilize yon ti gode ki pap ka kraze. M ap aprann itilize yon kiyè. Tanpri rete pasyan ak dezòd mwen an pandan m ap aprann.
- Mwen ka mache. Janm mwen yo ap vini djanm. An nou mache ansanm.
- Mwen ka di kèk mo. Mwen tande ou. Pale ak mwen pou mwen ka aprann plis.



GWROUP MANJE	YON PÒSYON SE...	KONSÈY
GRENN 6 Pòsyon		<ul style="list-style-type: none"> • ¼ pen tranche oubyen tòtiya • 1 a 2 kiyè a soup diri, nouy, oubyen sereyal ki kwit • 2 a 4 kiyè a soup sereyal sèk • 2 a 3 bonbon
LEGIM 3 Pòsyon		<ul style="list-style-type: none"> • 1 a 2 kiyè a soup, koupe • 2 ons legim oubyen ji tomat
FWI 2 Pòsyon		<ul style="list-style-type: none"> • 1 a 2 kiyè a soup, koupe • 2 ons 100% ji fwi
LÈT AK PWODWI LETYE 4 pòsyon		<ul style="list-style-type: none"> • ½ gode lèt antye oubyen yogout • ½ a 1 tranch fwomaj
VYANN & PWA 2 Pòsyon		<ul style="list-style-type: none"> • 1 a 2 kiyè a soup vyann, poul, kodenn, oubyen pwason • ½ ze • 1 a 2 kiyè a soup pwa oubyen tofi WIC ki kwit

IDE REPA

TIDEJENE

- Ze ache
- Pen ak grenn antye oubyen tòtiya mayi ki griye
- Prin koupe
- Lèt WIC oubyen lèt tete

KOLASYON APREMIDI

- Fwomaj
- Kawòt ki koupe

DINE

- Pwa WIC ki kraze
- Diri
- Bwokoli ki koupe
- Lèt WIC oubyen lèt tete

KOLASYON NAN MATEN

- Sereyal WIC ki gen fòm O
- Ji WIC

KOLASYON NAN LASWARE

- Sereyal WIC ki soufle

DEJENE

- Poul dekoupe
- Nouy
- Pwa vèt ki koupe
- Lèt WIC oubyen lèt tete



KITE M BWÈ DLO ANT REPA AK KOLASYON.

KONSÈY SANTE AK SEKIRITE

- Mwen dwe chita lè m ap manje. Pase senti sekirite sou mwen nan yon chèz ki wo.
- Bwose dan mwen yo, devan ak dèyè, 2 fwa pa jou. Itilize yon bwòs dan ki piti ak soup ansanm ak dlo.
- Pase senti sekirite nan yon chèz timoun nan machin anvan nou kondwi yon machin ak mwen.
- Pa kite m bò sigarèt ak lòt lafimen tabak, alimèt, ak briki.

Non mwen se _____

Mwen peze _____ epi mwen gen _____ pous wotè.

Yon nòt espesyal pou mwen:



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

WIC Program