



# 2-2½ YEARS

My name is \_\_\_\_\_

I weigh \_\_\_\_\_ and I am \_\_\_\_\_ inches tall.

A special note for me:

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## HELP ME LEARN TO MAKE CHOICES.

I feel proud when I make a choice.

### YOU MAY THINK “NO!” IS MY FAVORITE WORD.

Saying **No** is part of growing up. I want to make some choices. Here are choices you can let me make.

- I can choose between 2 healthy foods to eat. You can ask me:

*Do you want applesauce or peaches?*

Or

*Do you want oatmeal or corn flakes?*

### I NEED SOME LIMITS.

- If I don't eat my meal, tell me I can eat at snack time. If I don't eat my snack, tell me I can eat at the next meal. Do not let me “graze” for foods or drinks.
- If I won't eat, don't beg, force, or bribe me.
- Don't let me fill up on juice, punch, tea, or soda. Give me water to drink between meals and snacks.

### ON BUSY WEEKNIGHTS...

- Cooking together can mean more “mommy and me” time on busy days. Ask your child to help with easy tasks, like adding veggie toppings to a cheese pizza.
- Let me choose which veggies to add to soup. Only an adult should heat and stir hot soup.
- Make sandwiches together.

### “WHY DOES IT MATTER WHAT I DO?”

- THEY LEARN BY WATCHING YOU.** Kids get curious when they see you eating fruits or vegetables. Before you know it, they'll want to taste what you are having.
- YOU TEACH THEM LESSONS THEY'LL USE FOR LIFE.** It's normal for 2- to 5-year-olds to be “picky” eaters. Help them increase the types of fruits and vegetables they like by setting a good example.

FOOD GROUP	ONE SERVING IS...	TIPS
<b>GRAINS</b> 6 Servings 	<ul style="list-style-type: none"> <li>¼ slice bread or tortilla</li> <li>2 tablespoons rice, noodles, or cooked cereal</li> <li>4 tablespoons dry cereal</li> <li>2 to 3 crackers</li> </ul>	<ul style="list-style-type: none"> <li>Try a new WIC cereal.</li> </ul>
<b>VEGETABLES</b> 3 Servings 	<ul style="list-style-type: none"> <li>2 tablespoons, chopped</li> <li>2 ounces vegetable or tomato juice</li> </ul>	<ul style="list-style-type: none"> <li>Offer many kinds and colors: dark green, orange, red, yellow, and purple.</li> <li>Try raw spinach or lettuce. I can dip pieces in salad dressing.</li> </ul>
<b>FRUITS</b> 2 Servings 	<ul style="list-style-type: none"> <li>2 tablespoons, chopped</li> <li>2 ounces 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Many kinds and colors: red, yellow, orange, blue, and green.</li> <li>4 ounces of juice a day is plenty.</li> </ul>
<b>MILK &amp; MILK PRODUCTS</b> 4 Servings 	<ul style="list-style-type: none"> <li>½ cup whole milk or yogurt</li> <li>½ to 1 slice cheese</li> </ul>	<ul style="list-style-type: none"> <li>16 ounces of milk a day is plenty.</li> </ul>
<b>MEAT &amp; BEANS</b> 2 Servings 	<ul style="list-style-type: none"> <li>2 tablespoons meat, chicken, turkey, or fish</li> <li>½ egg</li> <li>1 to 2 tablespoons cooked WIC beans or tofu</li> <li>1 tablespoon peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>Try well-done, moist, chopped meats and cooked WIC beans.</li> <li>I get peanut butter from WIC. Teach me to eat it. Spread it thin and make it moist with some applesauce or jelly.</li> </ul>

### WHAT ABOUT FATS AND SWEETS?

I need some fat. You can put butter, margarine, or salad dressing on my foods. A little sugar is okay, too.



**MAKE HALF OF MY GRAINS WHOLE. CHOOSE GRAINS LIKE WHEAT, OATS, RYE, OR BARLEY.**



## MEAL IDEA

### EASY MACARONI & CHEESE

- 1/2 box elbow macaroni
  - 4 slices cheese
  - 2 ounces milk
1. Cook macaroni according to directions on box. Drain & set aside.
  2. Have your child tear the cheese into pieces and put in a microwave safe bowl. Add 2 ounces milk and then microwave 2 minutes or until sauce is creamy.
  3. Add cheese sauce to macaroni.
  4. Serve!

### COOKING ACTIVITIES FOR 2-YEAR-OLDS

- Make “faces” out of pieces of fruits and vegetables.
- Scrub vegetables or fruits.
- Tear lettuce or greens.
- Snap green beans.

### LOOK WHAT I CAN DO!

- I like to feed myself. I feel proud. Please say you are proud of me.
- I run, jump, and climb. Can we play in the park? Play with me so I stay safe.
- I learn new words from you. Point to foods so I can name them. *Pepper! Tomato! Peach!* Teach me the colors of foods.
- I get into things to learn about my world. Let me learn but keep me safe. Lock up cleaners, sprays, and medicines.



## 2-2½ ANE

Non mwen se \_\_\_\_\_

Mwen peze \_\_\_\_\_ epi m mezire \_\_\_\_\_ pous wotè.

Yon nòt espesyal pou mwen:

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DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

WIC Program

## EDE M APRANN FÈ CHWA.

Mwen santi m fyè lè m fè yon chwa.

### OU KAPAB PANSE "NON!" SE MO PREFERE M.

Di **Non** fè pati de grandi. Mwen vle fè kèk chwa. Men chwa ou ka kite m fè yo.

- Mwen ka chwazi ant 2 manje sen pou m konsome. Ou ka mande m:

*Eske w vle konpòt pòm oubyen pèch?*

Oubyen

*Eske w vle avwàn oubyen sereyal?*

### MWEN BEZWEN KÈK LIMIT.

- Si mwen pa konsome repa mwen an, di m ka manje nan lè kolasyon an. Si mwen pa manje kolasyon mwen an, di mwen ka manje nan pwochen repa a. Pa kite m ap manje oubyen bwè a tout lè.
- Si mwen pap manje, pa sipliyè m, fòse m, oubyen soudwaye m.
- Pa kite m pran ji, ponch, te, oubyen bwason gazez. Ban m dlo pou m bwè ant repa ak kolasyon.

### NAN NWIT LASEMÈN KI MOUVMANTE

- Fè manje ansanm ka vle di plis tan "manman m ak mwen" pandan jou ki mouvman. Ede timoun ou an pou l ede w ak tach ki fasil, tankou ajoute ganiti legim nan yon pitza fwomaj.
- Kite m chwazi ki legim pou m ajoute nan soup. Sèlman yon granmoun ta dwe chofo ak brase soup cho.
- Fè sandwich ansanm.

### "KI REZON KI FÈ SA MWEN FÈ ENPÒTAN?"

- YO APRANN LÈ YO AP GADE W.** Timoun vin kirye lè yo wè w ap manje fwi ak legim. Anvan m konnen sa, yo pral vle eseye goute sa w ap pran an.
- OU APRANN YO LESON YO PRAL ITILIZE POU TOUT VI YO.** Li nòmal pou timoun 2- a 5- lane konpòte yo an manjè "kapisye" Ede yo ogmante tip fwi ak legim yo renmen lè w etabli yon bon ekzanp.

GWROUP MANJE	YON PÒSYON SE...	KONSÈY
<b>GRENN</b> 6 Pòsyon 	<ul style="list-style-type: none"> <li>¼ pen tranche oubyen tòtiya</li> <li>2 kiye a soup diri, nouy, oubyen sereyal ki kwit</li> <li>4 kiye a soup sereyal sèk</li> <li>2 a 3 bonbon</li> </ul>	<ul style="list-style-type: none"> <li>Eseye nouvo sereyal WIC lan.</li> </ul>
<b>LEGIM</b> 3 Pòsyon 	<ul style="list-style-type: none"> <li>2 kiye a soup, koupe</li> <li>2 ons legim oubyen ji tomat</li> </ul>	<ul style="list-style-type: none"> <li>Ofri plizyè estil ak koulè: vèt fonse, oranj, wouj, jòn ak vyolet.</li> <li>Eseye epina oubyen leti ki kri. Mwen ka tranpe moso nan sòs salad.</li> </ul>
<b>FWI</b> 2 Pòsyon 	<ul style="list-style-type: none"> <li>2 kiye a soup, koupe</li> <li>2 ons 100% ji fwi</li> </ul>	<ul style="list-style-type: none"> <li>Plizyè estil ak koulè: wouj, jòn, oranj, ble, ak vèt.</li> <li>4 ons pa jou sifi.</li> </ul>
<b>LÈT AK PWODWI LETYE</b> 4 Pòsyon 	<ul style="list-style-type: none"> <li>½ gode lèt antye oubyen yogout</li> <li>½ a 1 tranch fwomaj</li> </ul>	<ul style="list-style-type: none"> <li>16 ons pa jou sifi.</li> </ul>
<b>VYANN &amp; PWA</b> 2 Pòsyon 	<ul style="list-style-type: none"> <li>2 kiye a soup vyann, poul, kodenn, oubyen pwason</li> <li>½ ze</li> <li>1 a 2 kiye a soup pwa oubyen tofi WIC ki kwit</li> <li>1 kiye a soup manba</li> </ul>	<ul style="list-style-type: none"> <li>Eseye vyann ki koupe, byen kwit ak imid ansanm ak pwa WIC ki kwit.</li> <li>Mwen resevwa manba nan men WIC. Aprann mwen manje l. Mete l fen epi rann li imid ak konpòt pòm oubyen konfiti.</li> </ul>

### KISA KONSÈNAN GRÈS AK BAGAY DOUS?

Mwen bezwen kèk grès. Ou ka mete bè, magarin, oubyen sòs salad nan manje m yo. Yon tikal sik anfòm, tou.



**FÈ MWATYE GRENN MWEN YO ANTYE. CHWAZI GRENN TANKOU BLE, AVWÀN, SÈG, OUBYEN ÒJ.**



## IDE REPA

### MAKAWONI AK FWOMAJ FASIL

- 1/2 bwat an fòm demi lalin
- 4 tranch fwomaj
- 2 ons lèt

- Kwit makawoni an akò ak enstriksyon ki sou bwat la. Seche & mete sou kote.
- Fè timoun ou an koupe fwomaj lan an moso epi mete l nan plat sekirize pou mikwo-ond. Ajoute 2 ons lèt epi chofo l nan mikwo-ond lan pou 2 minit oubyen jiskaske sòs la pwès.
- Ajoute fwomaj nan makawoni an.
- Sèvi!

### AKTIVITE KWIT MANJE POU TIMOUN 2 ANE

- Fè "figi" nan moso fwi ak legim yo.
- Graje legim oubyen fwi.
- Dechire leti oubyen legim vèt.
- Kase pwa vèt.

### GADE KISA M KA FÈ!

- Mwen renmen bay tèt mwen manje. Mwen santi m fyè. Tanpri di ou fyè de mwen.
- Mwen renmen kouri, vòltije, ak grenpe. Eske nou ka jwe nan pak la? Jwe ak mwen pou m ka rete ansekirite.
- Mwen aprann nouvo mo de ou menm. Pwente dwèt ou sou manje pou m ka nonmen yo. *Piman! Tomat! Pèch! Anseye m koulè manje yo.*
- Mwen enplike nan bagay pou m aprann osijè mond mwen an. Kite m aprann, men kenbe m ansekirite. Sere netwayan, vaporizatè, ak medikaman.

Enstitisyon sa a se yon founisè egalite nan opòtinite.