



# 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
GRAINS 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>	Try a new WIC cereal
VEGETABLES 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>
FRUITS 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>
MILK & MILK PRODUCTS 4 Servings	<ul style="list-style-type: none"> <li>½ cup whole milk or yogurt</li> <li>½ to 1 slice cheese</li> </ul>	• 16 ounces of milk a day is plenty.
MEAT & BEANS 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.