



2½-3 YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:

I LEARN FROM YOU.

Eat fruits and veggies and I will too.

HOW CAN I HELP MY CHILD EAT MORE FRUITS AND VEGETABLES?

- **EAT TOGETHER.** Let your child see you enjoying fruits and vegetables at meals and snacks.
- **TAKE IT WITH YOU.** Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
- **SHARE THE ADVENTURE.** Try new fruits and vegetables together.
- **FIX THEM TOGETHER.** Teach your child to tear lettuce or add veggie toppings to pizza.

EATING TOGETHER

It takes a little work to bring everyone together for meals. But it's worth it and the whole family eats better.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals at least four times a week.

TALK TO ME!

What made you feel really happy today?

What did you have to eat at lunch today?

Tell me one thing you learned today.

What made you laugh today?

SOMETIMES NEW FOODS TAKE TIME.

Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.

PATIENCE WORKS BETTER THAN PRESSURE.

Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.



PREPARE FRUITS AND VEGGIES TOGETHER.

Children learn about fruits and vegetables when they help make them. And all of that mixing, mashing, and measuring makes them want to taste what they are making. It's a great trick for helping your "picky eater" try fruits and vegetables.



LOOK WHAT I CAN DO!

- I feel proud. I feed myself many foods and use a spoon. I can hold my cup with one hand. Give me a small cup that cannot break.
- I run, jump, and climb. Let's play in the park. We can walk to the library to get some books.
- I like to sing! Teach me a song we can sing together. We can make up a song, too.
- I like to learn how things work. I open cabinets and turn knobs. Keep me away from the stove. Turn pot handles to the back. Keep cords up so I can't pull on them. Lock up cleaners, sprays, and medicines.

HEALTH AND SAFETY TIPS

- Get my teeth checked by the dentist. Learn how to floss my teeth. Help me brush my teeth 2 times a day. Brush the front and back sides.
- Wash my hands often to kill germs.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.
- Stay with me when I am in the tub or near any water.
- Buckle me into a child safety seat before I ride in a car.

FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings	<ul style="list-style-type: none"> • ¼ to ½ slice bread or tortilla • 2 to 3 tablespoons rice, noodles, or cooked cereal • 4 to 6 tablespoons dry cereal • 3 to 4 crackers 	<ul style="list-style-type: none"> • Try a whole grain WIC cereal: <ul style="list-style-type: none"> - Oatmeal - Whole wheat flakes
VEGETABLES 3 Servings	<ul style="list-style-type: none"> • 2 to 3 tablespoons, chopped • 2 to 4 ounces vegetable or tomato juice 	<ul style="list-style-type: none"> • Offer many kinds and colors: dark green, orange, red, yellow, and purple. • Try raw spinach or lettuce. I can dip pieces in salad dressing.
FRUITS 2 Servings	<ul style="list-style-type: none"> • 2 to 3 tablespoons, chopped • 2 to 4 ounces 100% fruit juice 	<ul style="list-style-type: none"> • Offer many kinds and colors: red, yellow, orange, blue, and green. • 4 ounces of juice 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"> • 16 ounces of milk a day is plenty.
MEAT & BEANS 2 Servings	<ul style="list-style-type: none"> • 2 to 3 tablespoons meat, chicken, turkey, or fish • ½ to 1 egg • 2 to 4 tablespoons cooked WIC beans or tofu • 1 tablespoon peanut butter 	<ul style="list-style-type: none"> • Meat can be hard to eat. Try: <ul style="list-style-type: none"> - Well-done, moist, chopped meats - Cooked WIC beans



2½-3 ANE

Non mwen se _____

Mwen peze _____ epi m mezire _____ pous wotè.

Yon nòt espesyal pou mwen:

MWEN APRANN DE OU MENM.

Manje fwi ak legim epi m pral manje yo tou.

KIJAN MWEN KA EDE TIMOUN MWEN AN MANJE PLIS FWI AK LEGIM?

- **MANJE ANSANM.** Kite m timoun ou an we ap apresye fwi ak legim nan repa ak kolasyon.
- **PRAN LI AK OU.** Montre timoun ou kijan fwi antye se yon bon kolasyon pou konsome nan pak la oubyen nan sant komèsyal la. Met pòm, zoranj, bannann nan valiz ou pou kolasyon rapid.
- **PATAJE AVANTI A.** Eseye nouvo fwi ak legim ansanm.
- **PREPARE YO ANSANM.** Aprann pitit ou an pou l dechire leti oubyen ajoute ganiti legim sou pitza.

MANJE ANSANM

Li pran yon ti efò pou rasanble tout moun ansanm pou repa. Men sa vo lapèn epi tout fanmi an manje pi byen.

- Kòmanse manje repa ansanm kòm yon fanmi depi lè timoun ou yo piti. Konsa, li vini yon abitud.
- Planifye kilè nou pral manje ansanm kòm yon fanmi. Ekri l sou kalandriye w.
- Ou ka petèt pa rive manje ansanm chak jou. Eseye gen repa an fanmi omwen kat fwa pa semèn.

PALE AK MWEN!

Kisa ki te fè w reyèlman kontan jodi a?

Kisa ou te manje nan dejene jodi a?

Di m yon bagay ou aprann jodi a.

Kisa ki te fè w ri jodi a?

PAFWA NOUVO MANJE PRAN TAN.

Timoun pa toujou adopte nouvo manje imedyatman. Ofri nouvo fwi ak legim plizyè fwa. Ba yo gouste anpremye epi rete pasyan ak yo.

PASYANS FONKSYONE PI BYEN PASE PRESYON.

Ofri nouvo manje bay timoun ou yo. Answit, kite yo deside ki kantite yo manje. Timoun pi fasil apresye yon manje lè yo konsome l kòm pwòp chwa pa yo. Li ede yo tou pou aprann vini endepandan.



PREPARE FWI AK LEGIM ANSANM.

Timoun aprann osijè fwi ak legim lè yo ede prepare yo. Epi pakèt melanj, kraze, ak mezire fè yo vle gouste sa y ap prepare a. Se yon gwo teknik ou ede "manjè kaprisye" ese fwi ak legim.

GWROUP MANJE	YON PÒSYON SE...	KONSÈY
GRENN 6 Pòsyon	 <ul style="list-style-type: none"> • ¼ a ½ pen tranche oubyen tòtiya • 2 a 3 kiyè a soup diri, nouy, oubyen sereyal ki kwit • 4 a 6 kiyè a soup sereyal sèk • 3 a 4 bonbon 	<ul style="list-style-type: none"> • Eseye sereyal a grenn antye WIC lan. - Avwàn - Flokon ble antye
LEGIM 3 Pòsyon	 <ul style="list-style-type: none"> • 2 a 3 kiyè a soup, koupe • 2 a 4 ons legim oubyen ji tomat 	<ul style="list-style-type: none"> • Ofri plizyè estil ak koulè: vèt fonse, oranj, wouj, jòn ak vyolet. • Eseye epina oubyen leti ki kri. Mwen ka tranpe moso nan sòs salad.
FWI 2 Pòsyon	 <ul style="list-style-type: none"> • 2 a 3 kiyè a soup, koupe • 2 a 4 ons 100% ji fwi 	<ul style="list-style-type: none"> • Plizyè estil ak koulè: wouj, jòn, oranj, ble, ak vèt. • 4 ons pa jou sifi.
LÈT AK PWODWI LETYE 4 Pòsyon	 <ul style="list-style-type: none"> • ½ gode lèt antye oubyen yogout • ½ a 1 tranch fwomaj 	<ul style="list-style-type: none"> • 16 ons pa jou se sifi.
VYANN & PWA 2 Pòsyon	 <ul style="list-style-type: none"> • 2 a 3 kiyè a soup vyann, poul, kodenn, oubyen pwason • ½ a 1 ze • 2 a 4 kiyè a soup pwa oubyen tofi WIC ki kwit • 1 kiyè a soup manba 	<ul style="list-style-type: none"> • Li ka difisil pou manje vyann. Eseye: <ul style="list-style-type: none"> - Eseye vyann ki koupe, byen kwit ak imid - Pwa WIC ki kwit

GADE KISA M KA FÈ!

- Mwen santi m fyè. Mwen bay tèt mwen anpil manje epi m itilize yon kiyè. Mwen ka kenbe gode mwen an nan yon men. Ban m yon ti gode ki pap ka kraze.
- Mwen kouri, vòltije, ak grenpe. Eske nou ka jwe nan pak la. Nou ka mache ale nan bibliyotèk lan pou n pran kèk liv.
- Mwen renmen chante! Aprann mwen yon chanson nou ka chante ansanm. Nou ka kreye yon chanson, tou.
- Mwen renmen konnen kijan bagay yo fonksyone. Mwen ouvri tiwa ak vire pwaye pòt. Kenbe m lwen de fou a. Vire manch chodyè nan sans pa dèyè. Kenbe kòd anlè pou m pa rale yo. Sere netwayan, vaporizatè, ak medikaman.

KONSÈY SANTE AK SEKIRITE

- Fè dantis lan ekzamine dan mwen yo. Aprann kijan pou m pase fil dantè pou mwen. Ede m bwose bouch mwen 2 fwa pa jou. Bwose devan ak dèyè.
- Lave men m souvan pou touye mikwòb.
- Pa kite m bò sigarèt ak lòt lafimen tabak, alimèt, ak briké.
- Rete ak mwen lè m nan benwa oubyen toupre kèlkeswa dlo.
- Pase senti sekirite nan yon chèz timoun nan machin anvan nou kondwi yon machin ak mwen.

Enstitisyon sa a se yon founisè egalite nan opòtinite.