



2-2½ YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:

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"> ¼ slice bread or tortilla 2 tablespoons rice, noodles, or cooked cereal 4 tablespoons dry cereal 2 to 3 crackers 	Try a new WIC cereal
VEGETABLES 3 Servings	<ul style="list-style-type: none"> 2 tablespoons, chopped 2 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 tablespoons, chopped 2 ounces 100% fruit juice 	<ul style="list-style-type: none"> 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 	• 16 ounces of milk a day is plenty.
MEAT & BEANS 2 Servings	<ul style="list-style-type: none"> 2 tablespoons meat, chicken, turkey, or fish ½ egg 1 to 2 tablespoons cooked WIC beans or tofu 1 tablespoon peanut butter 	<ul style="list-style-type: none"> Try well-done, moist, chopped meats and cooked WIC beans. I get peanut butter from WIC. Teach me to eat it. Spread it thin and make it moist with some applesauce or jelly.

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

- Cook macaroni according to directions on box. Drain & set aside.
- 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.
- Add cheese sauce to macaroni.
- 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.