

## Power Up With Breakfast

A nutritious breakfast helps kids start the day off right.

### Tips:

- Serve oatmeal with low-fat milk
- Add raisins, berries, and banana slices



## Use Fruits & Veggies in Every Meal

Kids need five to nine servings of fruits and vegetables a day.

### Tips:

- Add lettuce and tomatoes to sandwiches
- Cut fruit into bite-size pieces



## Make Food Look Good

Be creative by making healthy foods look fun to eat.

### Tips:

- Top a quesadilla with a veggie smiley face
- Cut sandwiches in fun shapes



## Get Kids Involved

When kids help prepare a meal, they are more likely to eat it.

### Tips:

- Ask them to tear lettuce for a salad
- Help them put veggie toppings on a pizza



Develop  
*Healthy Habits*  
In Time for School

Proper nutrition is important for a child's healthy development. Young kids who develop healthy eating habits are better prepared to learn and do well in school.

For more information, call First 5 Shasta at (530) 229-8300 or visit [www.first5shasta.org](http://www.first5shasta.org) and [www.first5california.com/parents](http://www.first5california.com/parents).

