

# MAKING MEALS FUN

SOMETIMES A LITTLE FUN CAN HELP KIDS ENJOY EATING HEALTHY! HERE ARE A FEW IDEAS TO TRY:

## PUT IT ON A KABOB

fruit kabobs, veggie kabobs, meat & cheese kabobs, etc.

## USE SEASONAL COOKIE CUTTERS

heart shaped sandwiches, snowflake shaped whole wheat pancakes, what's not to love?

## WRAP IT OR ROLL IT UP

use whole grain wraps for any meal or snack! You can also roll cheese inside of deli meat, or roll any type of meat/cheese/produce into lettuce wraps.

## PLAY WITH FOOD TO BRING IT TO LIFE

smiley face mustard, chicken with a bell pepper top hat, be creative!

## ASSEMBLE LUNCHES IN AN ASSEMBLY LINE

put on your family's favorite tunes and include your family in the kitchen by giving them a task to do.

## INCLUDE YOUR KIDS IN YOUR MEAL PLANNING AND/OR SHOPPING

for example, pick out 3 healthy meals and let your child select the one they want you to fix that week.

## PRESENTATION

seasonal sandwich bags, spiral silly straws, neon colored plastic ware may just do the trick. Mix up the way food is presented as well. Try slicing, dicing, chopping, matchsticks, etc.

## BRAINSTORM A FUN NAME!

for example, serve "baby-trees" instead of "broccoli."