

# How to Boost Veggies and Fruit



## Be a Positive Role Model

Kids learn about food by watching others and are more likely to eat veggies and fruit when they see adults and other children eating these foods often. Be mindful of what you eat and say about food around children.



## Eat Vegetables and Fruit with Meals and Snacks

Kids are more likely to eat veggies and fruit when these foods are made available to them. Try to add veggies and fruit to each meal and have them available for 'grab and go' snacks.



## Try New Vegetables and Fruit

Encourage children to try a variety of colourful veggies and fruit. This provides different kinds and amounts of vitamins, minerals and fibre; all important nutrients to help kids grow. Choose veggies and fruit that are local and in season when possible.



## Enjoy Meals and Snacks Together

When families eat meals together, away from screens, children are more likely to eat more veggies and fruit. Use meals as a time for your family to gather together and reconnect.



## Get Kids Involved

Children who help prepare meals at home tend to eat more veggies and fruit and are more likely to choose to eat healthier foods. Involve your child(ren) in grocery shopping, cooking and even gardening!



Leeds and Grenville is one of 45 communities across Ontario taking part in  
**The Healthy Kids Community Challenge.**

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The Healthy Kids Community Challenge unites communities with a common goal of promoting children’s health through physical activity and healthy eating.

