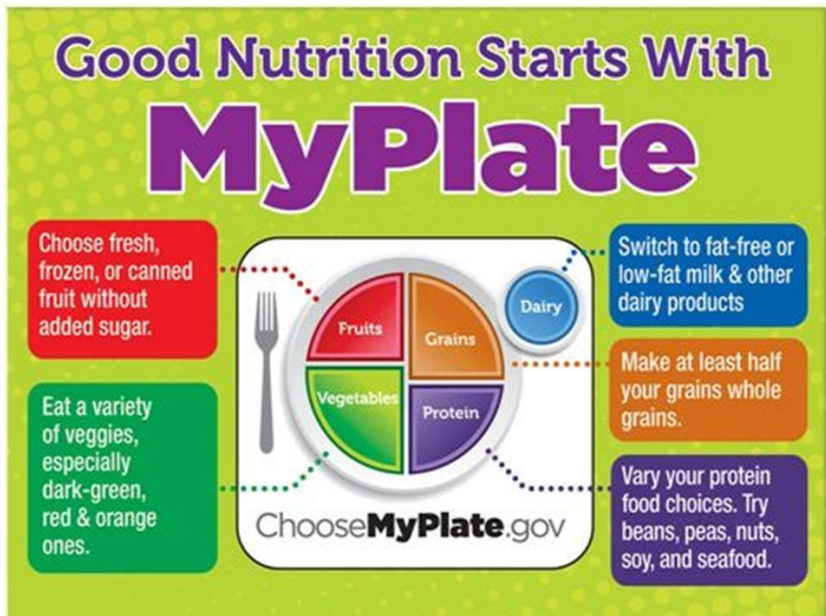


Nutrition

Getting proper nutrition can help prevent disease and helps maintain energy, mental health, and overall well being. It is important for families to follow a recommended diet of a variety of nutritious foods. Visit myplate.gov for more information on what your plate should look like!



Ensure you are eating lots of vitamin and mineral rich foods. Fruits and vegetables can be a good source of vitamins. **Be sure to include dairy products for calcium!** Talk to a doctor about taking daily multivitamins as needed.

Family Style Eating

Head Start encourages family style eating.

- Eat together at the table!
- Offer a variety of foods options
- Let kids serve themselves
- Enjoy happy conversation

Try these healthy snack ideas for kids: fresh fruit, fresh veggies, cheese, whole grain crackers, and a glass of low fat milk!