Explore Vegetables with Children

Cut Vegetables into different shapes
- crinkle, pennies, thin strips, half circles

Shred various vegetables and add
- to tomato sauce or meat loaf, burgers, stew or stir fry.

1 cup equals 1 serving
- 1 small carrot, ¼ red pepper, 10 sugar snap peas and 30 shelled edamame beans. They can be eaten cooked or raw.

Serve raw vegetables with a dip
- green beans, sugar snap peas, red or yellow pepper, jicama, red or yellow beets, cucumber

Try par-boiling vegetables
- broccoli, carrots, asparagus

Offer roasted or grilled vegetables

Involve children when you can in preparing vegetables
- Scrub vegetables
- Snap ends of asparagus or green beans
- Tear kale or lettuce
- Older children can slice thin strips of vegetables with a crinkle cutter or plastic serrated knife or peel vegetables by placing vegetables flat on table and using a vegetable peeler. Washing and spinning greens. Planting, watering, picking and eating.

Children over the age of 2 years will receive health benefits of eating 1 cup of vegetables a day.

Fill a snack size baggie with a variety of vegetables and encourage your child to choose from it throughout the day.
Various ideas for dips

- Mild salsas
- Nut butter thinned with low fat cream cheese or yogurt.
- Hummus
- Flavored yogurt such as French vanilla or maple.
- Yogurt based dips – keep it simple, offer a few herbs like dried dill or parsley for your child to choose and mix. Or add a sprinkle of ranch seasoning or Knorr’s vegetable soup.
- Balsamic vinaigrette
- Honey mustard
- Sweet n Sour sauce
- All natural ketchup has less salt and sugar, mixed with a little mayonnaise for a tasty dip.
- Korean spicy dipping sauce (Ssamjang)  
  www.maangchi.com/recipe/ssamjang

Keep it Simple

Fresh and colorful
Keep offering a variety of vegetables
Show your children that you like vegetables too.

Parent quotes:
“My child refused to eat tomato sauce on anything until she helped me make it. Now she loves it.”

“One other way we encourage the boys to love their greens is through gardening. Our son loves planting seeds, watching the sprouts rise, and reaping the harvest. Peas, carrots and lettuce all made it into the garden this year.”

“Our kids will love anything they grow in our garden and if they help to prepare it they are more likely to try it.”

“I have a few raw vegetables with dip ready for my children while I’m making dinner. They tend to eat them better when they are really hungry.”

“When I’m eating a vegetable in front of my children I say YUM! This is delicious.”
Children often imitate adults.

Resources
www.ChooseMyPlate.gov  
www.nourishinteractive.com  
www.ellynsatterinstitute.org  
www.kidsvt.com  
www/Dartmouth.edu/wellness

Quotes provided by parents of children who attend Dartmouth College Child Care Center.