10 Tips on Getting Kids to Eat Their Veggies

1. Set a good example
   Let kids see you eating your veggies.

2. Shop with children
   Let them help pick fresh produce to try.

3. Involve children in mealtime
   Let them choose which vegetable to have. Even toddlers can help with simple meal prep.

4. Dress up veggies
   Try a little butter or cheese on the broccoli, dip carrots in hummus, or add a smear of peanut butter to celery.

5. Make it fun
   Make up cute names. Cut into fun shapes.

6. Hide the veggies
   Soup, casserole, muffins, pasta sauce and meatloaf can all hide a good dose of veggies.

7. Try the one-bite rule
   If kids don’t like it, try again in a few days, at a different meal, in a different way. It can take 10 or more tries for a child to be comfortable with a new food.

8. Don’t pressure
   Food battles don’t work. Instead, offer veggies, encourage kids.

9. Keep it up.

10. Make meals about family time
    Fights and battles create bad feelings about food. Make mealtime about sharing and talking.