



# Choose to Boost Veggies & Fruit!

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**HEALTHY KIDS**  
COMMUNITY CHALLENGE  
PETERBOROUGH

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

*Adapted (Reprinted) with permission from the Leeds, Grenville & Lanark District Health Unit.  
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# How to Boost Veggies & 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!