I learn so much when we eat together. I am a preschooler. I am growing tall and strong. I feed and dress myself. I know many words. Meals are times to learn. Here are some ways.

• **I can serve myself.** If you hold the bowl, I will take a serving. I know how much I want. I might ask for more.

• **I can try a new food and refuse one I do not like. I learn from you.** When I see you eating a food, I want to eat it. I might not like it. But, if I try it, let me know I can take it out of my mouth.

• **I can try a food like soup or a salad with dressing.** Show me how to eat it. I might be messy as I learn. Tell me you are still proud of me.

• **I can help fix a meal or snack.** Can we make some fun foods? I can make a happy face sandwich. Let’s count the raisins in the smile.

Please do not use food to reward or punish me. If you say I will get ice cream if I behave, I will want a treat all the time. When I am good, give me a hug. Tell me:

*I am proud of you!*

*You did a good job!*

*Thank you for…!*

Praise me with words, not foods.
I love to learn!

Let’s eat foods from the 5 food groups every day:

- Grains: 6 servings
- Vegetables: 3 servings
- Fruits: 2 servings
- Milk: 4 servings
- Meat & Beans: 2 servings
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<th>ONE SERVING IS</th>
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| • 1/2 slice bread or tortilla  
• 3 to 4 tablespoons rice, noodles, or cooked cereal  
• 6 tablespoons dry cereal  
• 3 to 4 crackers | • Try a whole grain WIC cereal:  
- Oatmeal  
- Whole wheat flakes |

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| • 3 to 4 tablespoons  
• 1/2 cup vegetable or tomato juice | • Offer many kinds and colors: dark green, orange, red, yellow, and purple.  
• Try vegetable soup.  
• Try a green salad. |

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| • 3 to 4 tablespoons  
• 1/2 cup 100% fruit juice | • Offer many kinds and colors: red, yellow, orange, blue, and green.  
• 4 ounces of juice a day is plenty. |

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| • 1/2 cup milk or yogurt  
• 1/2 to 1 slice cheese | • 16 ounces of milk a day is plenty.  
• I can try 1% or less milk. |

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| • 3 to 4 tablespoons meat, chicken, turkey, or fish  
• 1 egg  
• 3 to 4 tablespoons cooked beans or tofu  
• 1 to 2 tablespoons peanut butter | • Meat can still be hard to eat. Try:  
- Meat stews  
- Cooked WIC beans  
• Continue to spread peanut butter thinly. |
Help me enjoy vegetables.

Do you worry? Too many kids eat only French fries. Here is how I learn to enjoy vegetables.

• Eat many kinds yourself. You are my teacher. I learn from you.

• Let me pick out a vegetable at the store or farmer’s market. Teach me the names and colors. Let’s fix orange squash for dinner.

• Try some vegetables raw. I can eat broccoli “trees” dipped in some salad dressing.

Meal Ideas

**Breakfast**
- Pancakes
- Orange slices
- Milk, 1% or less

**Morning Snack**
- Peanut butter spread thinly on toast

**Lunch**
- Grilled cheese sandwich
- Tomato slices
- WIC juice

**Afternoon Snack**
- WIC cereal
- Milk, 1% or less

**Dinner**
- Spaghetti with meatballs
- Bread
- Green beans
- Lettuce and tomato
- Milk, 1% or less
- Banana pudding
Look what I can do!

- I can use a fork. Use a small one with dull edges. Teach me how to use it.
- I run, hop, and throw a ball. Let’s play catch.
- Other grownups understand me when I talk. I ask Why a lot. Why do apples have seeds? I like word games. You start and I finish:

  I eat my food with a…

  I drink my milk from…

  I might say a silly word. Silly words help my mind grow.

Health and Safety Tips

- Take me to the doctor for my checkup.
- Help me brush my teeth 2 times a day. Floss them once a day. I am ready for toothpaste with fluoride if I can spit it out. Use a smear of toothpaste on the brush.
- Put sunscreen on me when I play in the sun.
- Buckle me into a child safety seat before I ride in a car.
- Keep me away from cigarette smoke, drugs and alcohol. those habits are not healthy for you or me.

Ask the WIC Nutritionist if you need help with any of these tips.
Help me be healthy

3 to 3 ½ years

My name is _________________________________.
I weigh __________ pounds. I am __________ inches tall.
A special note for me: ____________________________
________________________________________________________________________
________________________________________________________________________