

# Hey Parents... Eat Your Fruit and Veggies, Too!

By Kate Scarlata, RD, LDN



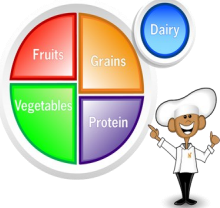
Studies have shown that children will mimic what their parents eat, so the key to change is up to you. "Be a good role model by eating your fruits and veggies, too! Actions speak louder than words, and your kids are watching you!" reports Liz Ward, MS, RD and author of *The Complete Idiot's Guide to Feeding Your Baby and Toddler*.

One recent study revealed that the act of simply asking children if they would like fruit or fruit juice with their lunch made the children more receptive to taking a serving of fruit with their meal. In fact, 30 percent more kids selected a fruit option with their lunch when merely prompted. Perhaps simply offering more fruit and vegetables to your children at home would escalate their intake of these nutritious foods. Give it a try! Consider asking questions such as, "Would you like a sliced apple with your lunch?" or "What vegetables should we have for dinner?"

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JANUARY

DIXON MONTESSORI CHARTER SCHOOL

	1	2	3
			
6	7	8	9
	Spaghetti and Meat Sauce W/ Dinner Roll *Cheesy Bean Burrito	<b>Primo Pizza Cheese or Pepperoni</b>	Mini Cheese Burger Sliders *Cheesy Bites W/ Marinara Sauce
13	14	15	16
Honey Ribb-Q On Wheat Bun *Cheesy Bean Burrito	100% Beef Hamburger Chicken Nuggets Over Rice	<b>Primo Pizza Cheese or Pepperoni</b>	Mini Corn Dogs *Italian Dunkers w/ Marinara Sauce
20	21	22	23
MARTIN LUTHER KING HOLIDAY	Spaghetti and Meat Sauce W/ Dinner Roll *Cheesy Bean Burrito	<b>Primo Pizza Cheese or Pepperoni</b>	Mini Cheese Burger Sliders *Cheesy Bites W/ Marinara Sauce <b>COOKIE DAY !!</b>
27	28	29	30
Honey Ribb-Q On Wheat Bun *Cheesy Bean Burrito	100% Beef Hamburger Chicken Nuggets Over Rice	<b>Primo Pizza Cheese or Pepperoni</b>	Mini Corn Dogs *Italian Dunkers w/ Marinara Sauce
31			