Trust me to eat the right amount.
• You decide what healthy foods to offer me at each meal and snack. I decide which of these foods to eat, and how much to eat.
• I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods.
• Offer me small servings of foods. Let me ask for more.
• I know if I’m hungry or not. Let me stop eating when I’m full. Don’t force me to eat or make me “clean my plate”.
• Don’t worry if I don’t eat a meal or a snack, I’ll eat more on some days than others. Don’t beg me to eat or fix other foods for me.

Give me safe foods.
• Give me foods that are bite-sized and soft enough for me to chew easily.
• Be careful and stay close by if you give me foods I might choke on: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, and hard candy.
• It’s best to cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.
• Make believe that we’re cooking, exploring the jungle, being animals, etc.

Ask WIC if you have any questions about what I’m eating.

I can help!
• Let me help you in the kitchen. I can:
  • Rinse fruits and vegetables.
  • Mash soft fruits and vegetables.
  • Help measure dry ingredients.
  • Crack eggs.
  • Mix batter.
  • Spread butter or peanut butter on bread.
  • Make a sandwich.
  • Cut soft foods with a plastic knife.
  • Peel oranges, bananas, and boiled eggs.
  • Set the table.
  • Clear the table and wipe it off after a meal.
  • Put things into the trash.
  • When I help you, I feel good. I’ll probably eat better too!

Healthy Snack Recipe: Tropical Yogurt Smoothie
• Place in blender: plain yogurt, any chopped tropical fruits (banana, mango, papaya, pineapple), ice.
• Blend until smooth and serve.

Snacks are important! Healthy snacks help me grow. Plan my snacks, and don’t let me fill up on snacks all day long.

Let’s play!
I love to play every day. Playing with me helps me grow smarter, stronger, healthier, and happier! These are things I like to do with you:
• Dance to music
• Play follow-the-leader
• Play leap frog
• Play hopscotch
• Play hide-and-seek
• Take a walk together
• Play catch

Keep me safe and healthy.
• Always put me in my car seat when we drive.
• Take me to my doctor and dentist.
• Always watch me around water.
• Keep me away from cigarette, tobacco, and all other smoke.
• Help me brush and floss my teeth every day.
• Put sunscreen on me when I play outside.
• Hold my hand when we cross the street.
• No more than 1 or 2 hours a day of screen time: TV, tablet, phone, or computer!

Look what I can do!
• I like to do things for myself. I can run, hop, and throw a ball. Let’s play catch!
• I like to pretend, like playing store.
• I like stories. Can we read together?
• I can pick out a vegetable at the store.
• I can serve myself at the table. If you hold the bowl, I can take a spoonful of food.
• I can learn to say “Please” and “Thank you”.
• I need to hear you tell me: “You are doing a good job!” “I’m proud of you!” “You are special!”

I’m 4 Let’s explore!

Explore with me fun ways to eat healthy and be active!
Make our family meals relaxed.

- I like to be with you. Let’s enjoy eating together. Please turn off the TV, phone, tablet, or computer.
- I’m learning every day! Teach me the names of foods. Talk about their shapes, colors, and tastes. I can learn where foods come from. I can count foods.
- I can serve myself from a small bowl. I’ll learn how much to take.
- Teach me to enjoy many foods. Let’s try a new food every week. I’ll learn to like most foods.
- I like to eat with our family. I can eat most of our family foods. I like to talk, and I love attention! I like to tell stories.
- I need to always sit when I eat or drink.
- Give me a small spoon or fork. I may still be a little messy when I eat. I’m getting better at it!
- I can use a napkin to wipe my mouth and hands.
- Make sure we wash our hands before and after we eat.

Good food for four year olds — offer me every day:

### Grains
- 4 or 5 of these choices:
  - 1 slice bread or tortilla
  - 1 cup cereal
  - 1/2 cup ready-to-eat cereal
  - 1/2 cup cooked rice, pasta, or cereal
- 3 or 4 of these choices:
  - 2 tablespoons mashed beans
  - 1 tablespoon peanut butter
  - 4 tablespoons flax

### Vegetables
- 3 of these choices:
  - 1/2 cup cooked chopped vegetables
  - 1 cup raw vegetables
  - 4 ounces vegetable juice
  - Offer me a dark green or orange vegetable every day!
- 2 or 3 of these choices:
  - 1/2 cup fresh, canned or frozen fruit
  - 4 to 6 ounces 100% fruit juice (no more!)
  - Offer me a vitamin C food every day (strawberries, melons, mangoes, papayas, WIC juices).

### Protein
- 4 or 5 of these choices:
  - 4 ounces milk
  - 4 ounces yogurt
  - 1 slice cheese
  - I can drink low-fat or fat-free milk.
  - Foods in the Daily Group give me calcium for stronger bones and teeth.
- 3 or 4 of these choices:
  - 2 tablespoons chopped meat, chicken, turkey, or fish
  - 1 egg
  - 4 tablespoons cooked, mashed beans
  - 1 tablespoon peanut butter
  - 4 tablespoons tofu
  - Meat and beans give me the most iron to keep my blood strong!
- 2 or 3 of these choices:
  - 1/2 cup fresh, canned or frozen fruit
  - 4 to 6 ounces 100% fruit juice (no more!)

### Fats, oils, and sweets
- Only a little bit

### Dairy
- 1 ounce Grains
- 1/4 cup Fruit
- 1/4 cup Dairy
- 1 ounce Protein Foods

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• I like to eat with our family. I can eat most of our family foods. I like to talk, and I love attention! I like to tell stories.
• I need to always sit when I eat or drink.
• Give me a small spoon or fork. I may still be a little messy when I eat. I’m getting better at it!
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Good food for four year olds — offer me every day:

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  - 1 cup cereal
  - 1/2 cup ready-to-eat cereal
  - 1/2 cup cooked rice, pasta, or cereal
- 3 or 4 of these choices:
  - 2 tablespoons mashed beans
  - 1 tablespoon peanut butter
  - 4 tablespoons flax

### Vegetables
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  - 1/2 cup cooked chopped vegetables
  - 1 cup raw vegetables
  - 4 ounces vegetable juice
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  - 4 tablespoons tofu
  - Meat and beans give me the most iron to keep my blood strong!
- 2 or 3 of these choices:
  - 1/2 cup fresh, canned or frozen fruit
  - 4 to 6 ounces 100% fruit juice (no more!)

### Fats, oils, and sweets
- Only a little bit

### Dairy
- 1 ounce Grains
- 1/4 cup Fruit
- 1/4 cup Dairy
- 1 ounce Protein Foods

Start with small amounts and let me ask for more.

Meal and snack plans for me

Offer me 3 meals and 2 or 3 snacks every day. I like to eat around the same times every day.

Here are meal and snack plans to give you ideas. Pick a variety of foods to help me grow and be strong.

### Meal and Snack Plan A (1400 calories per day)
- **Breakfast**
  - 1 ounce Grains
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Snack**
  - 1 ounce Grains
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Lunch**
  - 1 ounce Grains
  - 2 ounces Grains
  - 1/2 cup Vegetables
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Snack**
  - 1/2 cup Vegetables
  - 1/4 cup Fruit
  - 1 ounce Protein Foods
- **Dinner**
  - 2 ounces Grains
  - 2 ounces Grains
  - 1/2 cup Vegetables
  - 1 cup Dairy
  - 2 ounces Protein Foods

### Meal and Snack Plan B (1400 calories per day)
- **Breakfast**
  - 1 ounce Grains
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Snack**
  - 1 ounce Grains
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Lunch**
  - 1 ounce Grains
  - 2 ounces Grains
  - 1/2 cup Vegetables
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Snack**
  - 1 ounce Grains
  - 1/2 cup Fruit
  - 1/4 cup Dairy
  - 1 ounce Protein Foods
- **Dinner**
  - 2 ounces Grains
  - 2 ounces Grains
  - 1/2 cup Vegetables
  - 1 cup Dairy
  - 2 ounces Protein Foods