



May Parents' Corner

THE HAPPY MEAL - REVOLUTIONIZED

A happy and well-behaved child at the table makes a happy parent! Meals should be nutritious, but also fun and enjoyable for your child. Meal times are often stressful for the parent if the child does not eat what is prepared, but you can soon say good-bye to fighting at the table. Create a positive dining experience by following these tips from *Revolution Foods*:

1. **Be consistent.** Try to serve dinner at the same time every day. If busy schedules make a set dinner time difficult, establish a routine. For example, always serve dinner after 30 minutes of play time, or before homework time. Offer a snack after-school, but never allow a snack right before meals.
2. **Change it up.** Try serving a new vegetable with a food you know your child loves. If he/she doesn't like the new food the 1st time, don't be discouraged! It takes kids a few times to accept new foods, so it's a good idea to offer it again at a different meal. Talk to your child about where this new vegetable comes from— if it grows on trees, on a vine or in the ground. The more you pique their interest, the more likely kids are to try it.
3. **Serve a rainbow.** Color the plate and serve a balanced meal at the same time. Brown rice, green zucchini, white chicken breast (or vegetarian meat substitute), and fresh red strawberries for dessert make a healthy, balanced dinner and beautiful plate that will catch your child's eye.
4. **Set the Mood.** If you have a garden, ask your child to pick flowers for the table. Turn the TV off and talk about positive subjects. Dinnertime is the perfect time to chat with your child about the school day or to make plans for an outdoor activity the family can do together. The goal is to get your child to associate good, healthy food with good feelings.

Follow these tips, and you are on your way to making every meal a happy meal!