

Make meals memorable.

My Goal...

*I will plan regular mealtimes for my child
and me at least ___ times per week.*

Record when you plan meals on your Fit WIC calendar!



Falls Church Health Department
6245 Leesburg Pike, Suite 500
Falls Church, VA 22044
(703) 534-8343

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Ways to have happier mealtimes:

- ◇ Set certain times for meals and snacks. Only offer foods at these times.
- ◇ Eat meals together as a family.
- ◇ Eat together at a table.
- ◇ Provide healthy foods like fruits, vegetables, low-fat milk, lean meats and grains.
- ◇ Do not force your child to eat certain foods.
- ◇ Let your child decide how much to eat.
- ◇ Turn off the television during mealtime.
- ◇ Other: _____