

Appendix A:

Supporting Content for Mothers of Preschoolers on Role Modeling

The following content supports core nutrition messages on role modeling and offers mothers additional tips, strategies, and encouragement to facilitate behavior change. Content is provided in the form of a narrative story by a mother of a preschooler and as short bulleted lists. This content reflects tips, strategies, and language that resonated with mothers during our focus group testing. See the section of this guide on “Putting the Messages Into Practice” (page 16) for ideas on how to incorporate the messages and supporting content into your nutrition education activities.

Role Modeling

Message 1: They learn from watching you. Eat fruits and veggies and your kids will too.

Message 2: They take their lead from you. Eat fruits and veggies and your kids will too.

Narrative-Style Content:

“My 3-year-old picks up on so much. She loves to copy what I do. Sometimes she will ask for a food she saw me eat. And I didn’t even know she was watching me! So, I try to eat fruits and vegetables. That way she’ll want them too. My doctor told me that kids learn eating habits when they are young. I want my child to learn to eat fruits and vegetables so she’ll be healthy. It makes me feel good that I’m teaching her something she’ll use for life.”

Bulleted Tip Style Content:

How can I help my child eat more fruits and vegetables?

- **Eat together.** Let your child see you enjoying fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
- **Share the adventure.** Try new fruits and vegetables together.
- **Fix them together.** Teach your child to tear lettuce or add veggie toppings to pizza.

Why does it matter what I do?

- **They learn by watching you.** Kids get curious when they see you eating fruits or vegetables. Before you know it, they’ll want to taste what you are having.
- **You teach them lessons they’ll use for life.** It’s normal for 2- to 5-year-olds to be “picky” eaters. Help them increase the types of fruits and vegetables they like by setting a good example.

What kinds should we eat?

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Buy some of each to last until your next shopping trip.
 - Frozen vegetables have as many vitamins and minerals as fresh. Choose packages that contain vegetables and nothing else—no added fat, salt, or sugars.
 - Buy canned fruits that are packed in “100% juice” or water.
 - Rinse canned beans and vegetables with cold water to make them lower in salt.
 - Look for canned vegetables that say “No added salt” on the front of the can. Buy them when they go on sale.
- Cooked vegetables or ripe fruits that are cut into small pieces are easy for your child to eat.
- Cut whole grapes and cherry tomatoes into smaller pieces to prevent choking.

Appendix B:

Supporting Content for Mothers of Preschoolers on Cooking and Eating Together

The following content supports core nutrition messages on cooking and eating together and offers mothers additional tips, strategies, and encouragement to facilitate behavior change. Content is provided in the form of short bulleted lists. This content reflects tips, strategies, and language that resonated with mothers during our focus group testing. See the section of this guide on “Putting the Messages Into Practice” (page 16) for ideas on how to incorporate the messages and supporting content into your nutrition education activities.

Cooking and Eating Together

Message 1: Cook together. Eat together. Talk together. Make mealtime a family time.

Message 2: Make meals and memories together. It’s a lesson they’ll use for life.

Bulleted Tip Style Content (Eating Together):

It takes a little work to bring everyone together for meals. But it’s worth it and the whole family eats better.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals at least four times a week.

How to make family meals happy

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don’t lecture or force your child to eat.

Fast family meals

- Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups, or sandwiches.
- Do some tasks the day before. Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.
- Find quick and tasty recipes that don’t cost a lot to make at www.fns.usda.gov/eatsmartplayhardhealthylifestyle/.

Text Box Style Content (Eating Together):

Talk to me!

What made you feel really happy today?

What did you have to eat at lunch today?

What’s your favorite veggie? Why?

Tell me one thing you learned today.

What made you laugh today?

Bulleted Tip Style Content (Cooking Together):

Teach your kids to create healthy meals. It's a lesson they'll use for life.

- Kids like to try foods they help make. It's a great way to encourage your child to eat fruits and vegetables.
- Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.
- Kids love helping in the kitchen. Parents love knowing that their child is also learning skills they'll use for life. Help teach them to follow instructions, count, and more!

Prepare fruits and veggies together.

- Children learn about fruits and vegetables when they help make them. And all of that mixing, mashing, and measuring makes them want to taste what they are making. It's a great trick for helping your "picky eater" try fruits and vegetables.

On busy weeknights...

- Cooking together can mean more "mommy and me" time on busy days. Ask your child to help with easy tasks, like adding veggie toppings to a cheese pizza.
- Let your child choose which veggies to add to soup. Only an adult should heat and stir hot soup.
- Make sandwiches together.

Make some meals special.

- Have a color contest and see how many green, red, yellow, and orange fruits and vegetables you can include in one meal.
- Name a food your child helps create. Make a big deal of serving "Karla's Salad" or "Corey's Sweet Potatoes" for dinner.
- Try a "Make Your Own" night. Let your family put together its own soft tacos, sandwiches, pizza, or salads. Place the ingredients within easy reach and let the fun begin.

Text Box Style Content (Cooking Together):

Cooking Activities by Age

2-year-olds

- Make "faces" out of pieces of fruits and vegetables.
- Scrub vegetables or fruits.
- Tear lettuce or greens.
- Snap green beans.

3-year-olds

- Add ingredients.
- Stir.
- Spread peanut butter or other spreads.
- Shake a drink in a sealed container.
- Knead bread dough.

4- to 5-year-olds

- Peel some fruits and vegetables like bananas.
- Peel hard boiled eggs.
- Cut soft fruits with a plastic knife. Only adults should use sharp knives.
- Wipe off counters.
- Mash soft fruits, vegetables, and beans.
- Measure dry ingredients.
- Measure liquids with help.

Appendix C:

Supporting Content for Mothers of Elementary School-Age Children on Making Fruits and Vegetables Available and Accessible

The following content supports core nutrition messages on making fruits and vegetables available and accessible for children to eat and offers mothers additional tips, strategies, and encouragement to facilitate behavior change. Content is provided in the form of a narrative story by a mother of an elementary school-age child, short bulleted lists, and recipes. This content reflects tips, strategies, and language that resonated with mothers during our focus group testing. See the section of this guide on “Putting the Messages Into Practice” (page 16) for ideas on how to incorporate the messages and supporting content into your nutrition education activities.

Availability/Accessibility

Message 1: Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

Message 2: When they come home hungry, have fruits and veggies ready to eat.

Narrative-Style Content:

“I’m hungry.” That’s the first thing my kids say when they come through the door. I need something to feed them—fast. Sometimes they go to the kitchen and get their own snacks. I found that when I put fruits and vegetables in a place where my kids can see them—they eat them. Now I keep cut up veggies on a low shelf in the fridge and a bowl of fresh fruit on the counter. When I don’t have fresh fruits and veggies, I use canned or frozen. It takes a little planning, but it’s worth it. I know fruits and vegetables help them stay healthy.

Bulleted Tip Style Content:

Make Fruits and Veggies Easy To See

- Keep a bowl of washed fresh fruits on the kitchen table.
- Put washed and cut fruits and vegetables on a shelf in your refrigerator where your child can see them.

Make-Ahead Fruit and Veggie Snacks From the Fridge

- Toss veggies with cooked pasta and fat-free Italian dressing.
- Slice apples. Dip them in pineapple or orange juice to keep them from turning brown. Store apples in plastic snack bags or covered bowls in the fridge.
- Kids love to dip fresh veggies in low-fat ranch dressing. Cut up veggies. Store them near the dip on a low shelf in the fridge.

Recipe-Style Content:

Dip-a-licious!

Fruit Wands with Pink Princess Dip or “Swamp Slime”

Put pieces of fruit on a toothpick, skewer, or straw.

Cover with plastic wrap and store in the refrigerator until snack time.

Serve with low-fat strawberry (Princess Dip) or lime yogurt (Swamp Slime) for dipping.

Happy Snack Packs

Fill small containers or snack bags with cut-up veggies.

Add a small container of fat-free ranch dressing for dipping.

Decorate the outside of the bags with stickers.

Store in the refrigerator on a shelf where they are easy for your child to see.

Dip Your Favorite Veggies In These Tasty Dips

(1 serving is 2 tablespoons of dip)

Honey-Mustard Dipping Sauce

1/4 cup fat-free plain yogurt

1/4 cup low-fat sour cream

2 teaspoons honey

2 teaspoons spicy brown mustard

Mix all ingredients together. Store in a covered container in the refrigerator.

Makes 4 servings.

Curry Dip

1 cup fat-free sour cream

1 cup of fat-free plain yogurt

1 tablespoon curry powder

Mix all ingredients together. Store in a covered container in the refrigerator.

Makes 16 servings.

Avocado Dip

2 medium ripe avocados

1 tablespoon lemon juice

1/4 cup salsa

1/8 teaspoon salt

Peel and chop avocados. Toss avocado with lemon juice in small bowl. Add salsa and salt. Mash with a fork.

Cover and store in the refrigerator. Makes 12 servings.

Acknowledgements:

Honey Mustard Dipping Sauce adapted from the Centers for Disease Control and Prevention's Trees in a Broccoli Forest recipe at http://www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf. Curry Dip adapted from: Pennsylvania Nutrition Education Network Website Recipes as presented on the SNAP-Ed Connection Recipe Finder http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=444