



Good Nutrition Need-to-Knows

1. To set a good example for your child, practice healthy eating yourself. Make sure to have lots of fruits and veggies around the house for snack times.
2. Include your child in meal planning and grocery shopping. By doing so, you're helping create a lifetime of healthy choices for your child.
3. Most kids and teens need three or more servings of dairy per day.
4. Avoid power struggles. Most picky-eating behaviors develop when children are experimenting with control. Praise your child for what he or she does eat, ignore what he or she doesn't.
5. Structure meal and snack times and stick to a schedule. Children can eat too much if they are allowed to graze during the day.
6. Resist the urge to offer your child only food you know he or she will eat. Give him or her a choice between two nutritious options.
7. Children need six to eight glasses (8 ozs.) of water every day. Juicy fruits such as berries and melons also will aid in hydration.
8. Be sure your meal plans include fruits and vegetables. If you don't have time to prepare fresh produce, canned fruits and vegetables contain a lot of the vitamins and minerals found in fresh food.
9. When packing school lunches, or making a meal, be sure to keep MyPyramid.gov in mind.
10. Always practice safe food storage, handling and preparation. Doing so will help prevent the spread of bacteria in the kitchen.

Kohl's Department Stores and Children's Health Education Center have teamed up to bring you Kohl's Building Healthy Habits. To learn more visit us at www.bluekids.org/KohlsCares.

KOHL'S
expect great things



**Kohl's Building
Healthy Habits**