

Shape your future

Step up to the plate.

Incorporate more fruits and veggies to build a healthy plate for your kids.



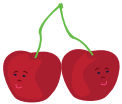
Improving family nutrition doesn't have to be daunting. These tips can help enhance your children's health by working more fruits and vegetables into their meals:



Set a Peachy Example: Try new foods and fill half your plate with fruits and vegetables. It will inspire your kids to do the same.



Pear Up at the Grocery Store: Shop with your kids, and encourage them to pick out new fruits and vegetables to try. It will teach them about nutrition and help them develop healthy habits.



Cherry-Pick for Freshness: In-season fruits and vegetables are fresher and more affordable. Visit your local farmers market and teach your kids how food makes it from farm to table.



Go Bananas When You Cook: Cut food into shapes, use lots of colors, and make up names for meals. Encourage your kids to invent new, healthy snack combinations too.



Root Out Distractions: Turn off the TV, ignore phone calls, and clear the table of excess clutter. Focus on fun, engaging conversation while you eat and make mealtime stress-free.

Use Fruits to Spice Up Dessert: Consider fresh fruit, baked apples with cinnamon, or a fruit and yogurt parfait to make dessert a more nutritious option.



Build a healthy plate. Build a healthy life.
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