

EAT BETTER FOR LESS

Encourage Your Child to Eat Smart and Move More



Be a good role model

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run, and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

Be a planner

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.



Be adventurous

At the grocery store or farmers' market, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

Be patient

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.



Any Berry Sauce

Ingredients

- 1/4 cup cold water
- 1 tablespoon cornstarch
- 1/3 cup sugar
- 4 cups berries, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries, or a mixture)

Directions

1. In a medium saucepan, mix together sugar, cornstarch, water, and 2 cups of berries. Mash berries if desired.
2. Heat over medium heat, stirring frequently, until sauce starts to thicken.
3. Remove from heat and stir in remaining berries. Mash if desired.
4. Serve over pancakes, waffles, oatmeal, or yogurt.
5. Refrigerate leftovers within 2 hours, for up to a week.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: Eating Smart and Moving More, North Carolina State University
<https://eatgathergo.org/recipe/any-berry-sauce/>

Purdue University is an Equal Opportunity/Equal Access University. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP). If you are in need of accommodations to attend any of our programs or need an interpreter or translator, please contact Nutrition Education Program at fnep@purdue.edu.



@PurdueNEP

