



Fruit/Juice - a Good Part of Every Breakfast!

10 Steps for Parents

Good nutrition begins at home. Including fruits/juices at breakfast is an easy way to increase the amount of vitamins/minerals needed by kids. Parents, grandparents, and caregivers influence the eating habits of children. Here's a checklist of what you can do:

1. Eat breakfast with your kids. Make sure fruit/juice is included in the meal.
2. Take your child grocery shopping and let him/her assist in selecting a new fruit to try on a regular basis. This could be a fresh, frozen, canned or dried item.
3. Keep fruits where kids can see them - like on the counter tops.
4. Send fruits and 100% fruit juices to school when snacks are requested for parties or special events.
5. Make sure the kids appreciate how healthy breakfasts serve their minds as well as their bodies.
6. If breakfast is served at your school, get a weekly menu. Ask for nutrition facts so you can be sure the menu meets the official Dietary Guidelines for Americans. Keep it handy at home and discuss the healthy choices with your kids.
7. Visit the school cafeteria. Get to know the staff. Let them know you value their services and appreciate good daily nutrition for your child.
8. If you listen to what your kids are learning at school about good nutrition, you can help them put their knowledge to work at home, too.
9. Make your opinions heard. Talk to other parents. Work with your PTA and school board to support the *Jump 'N Jive* Campaign.
10. Be a model! If your child sees you eating fruits regularly, he or she will be more likely to eat them.

