



HEALTHY HABIT TIPS for Families

Gerber continually strives to provide you with the products and nutrition resources you need to raise healthy and satisfied children. Try these helpful tips your whole family can follow to reinforce healthy behaviors all year long.

1. Avoid food between meals and snacks.
2. Involve children in planning and preparing family food.
3. Try to eat meals as a family.
4. Be a role model by eating breakfast with your kids.
5. Make an effort to keep mealtimes pleasant.
6. Include snacks as part of the day's eating plan.
7. Eat snacks and meals in the kitchen, dining room or other designated eating area.
8. Set a good role model with your food decisions.
9. Avoid rewarding or punishing a child with food.
10. Allow kids enough time to eat.
11. Turn off the TV during meals.
12. Serve a variety of foods for meals and snacks.
13. Eat foods from each of the food groups every day.
14. Offer new foods and new food combinations.
15. Avoid forcing your child to eat.
16. Serve reasonable portions.
17. Read nutrition labels on packages.
18. Limit low nutrition foods like sweets and carbonated beverages.
19. Choose beverages wisely.
20. Include active play daily.



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