



BUILDING BLOCKS FOR RAISING HEALTHY KIDS

Libby's® Fruit & Vegetable Cups will teach your kids to love healthy and delicious fruits and vegetables. With help from Deanna Segrave-Daly, RD, LDN, here are our favorite tips for raising healthy kids who love healthy food.



At mealtime, it's easy to forget that younger children have smaller stomachs. An adult serving of any food, especially unfamiliar food, can be overwhelming to a child. Start small, serving just a few tablespoons of food. Libby's® Fruit & Vegetable Cups have done the portion work for you – each container is 1/4 cups – a good serving of the 2-3 cups of produce kids ages 2-10 need daily.



Having kids (as young as two years) in the kitchen helps raise healthy eaters, achieve healthier weights, allow quality family time and build self-confidence. Let kids rip lettuce for salad or add ingredients to dishes. Have them season their own Libby's® Vegetable Cups to their liking. Some ideas:

- Cinnamon + nutmeg for Libby's® Diced Carrot Cups
- Ginger + sesame seeds for Libby's® Cut Green Bean Cups
- Mint + lemon zest for Libby's® Sweet Pea Cups



Younger kids learn about healthy eating with all of their senses, and many are enthralled with how food feels as much as how it tastes. Don't fret if your four-year-old wants to squish those peas or hand mix Libby's® Diced Carrots with Sweet Corn – it's all part of the normal process in learning to enjoy every aspect of food.



Junk food is made to be portable and convenient, but now healthy food is too, with Libby's® Fruit & Vegetable Cups. For your next impromptu-but-balanced picnic with the kiddies, pack nut butter sandwiches on whole wheat tortillas, granola bars, shelf-stable milk boxes and your kids' favorite Libby's® Fruit Cups!



Family vacation should be about getting away from the grind of daily life without throwing all your healthy eating habits out the window. If you've traveled with kids, you know how critical it is to have portable snacks on-hand. Here are some nonperishable, nutritious options worth packing for your road trip:



- Whole Grains – Boxed cereals, fruit/nut/seed bars, popcorn
- Fruits & Vegetables – Libby's® Fruit & Vegetable Cups, dried fruit, applesauce
- Protein – Peanut butter in pouches, nuts, dried edamame
- Dairy – Shelf-stable milk boxes