

prepare a snack meal

A **snack meal** is a platter of foods that you and your family can pick and choose from. It's an easy meal to make, a great way to use foods you already have or want to use up, and a fun way to eat!

Include these 4 types of foods:

- 1 to 2 fruits
- 1 to 2 vegetables
- 1 to 2 protein foods
- 1 grain food

Serve with a cup of milk.

Let your child pick foods for his own plate.

Sit down and enjoy eating together!



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Keep young children safe from choking. Slice round fruits and vegetables like whole grapes, berries, tomatoes and carrots into small pieces. Steam or roast hard veggies until slightly soft.

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