



*Healthful Ideas for Parents of Preschoolers (2-5 years old)*



## Parents as Role Models

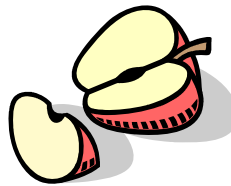
**Set a good example for your children.**



- Preschoolers like to copy what their parents/caregivers do. Make good food choices and be physically active.
- Eat together as a family often so your child can see you eat fruits, vegetables, and whole grains.
- Let your child help with food shopping and meal preparation. Preschoolers can help with simple tasks like tearing lettuce, stirring, and setting the table.
- Keep mealtime a positive and enjoyable experience.
- Make sure your child sees you active. Encourage your child to be active by limiting the time they spend watching television. Make time to play with your child.

### **Pumpkin Peanut Butter Dip**

3/4 cup peanut butter  
3/4 cup canned pumpkin  
1/4 cup brown sugar  
1/2 teaspoon vanilla (optional)



1. Combine all of the ingredients.
2. Cut apples, banana and other fruit into bite-size pieces.
3. Serve fruit with dip. Store leftovers in the refrigerator.