



"Variety" is the Key!

Feed preschoolers a variety of foods so they can grow and learn.



- ❖ Serve different foods to your family each day.
- ❖ Let your child choose and help prepare new foods. DO NOT force or bribe a child to eat.
- ❖ Choose foods from **at least** 3 food groups for each meal.
- ❖ Each day choose fruits and vegetables of different colors.
- ❖ Keep a variety of healthful snack foods available for your child. Store snacks at eye level so your child can see them and make choices.

Eggs & Veggies Serves 4

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|---------------------------------------|-------------------------------------|
| 1 Tablespoon of vegetable oil | 4 eggs |
| 1 Tablespoon chopped onion | 1 Tablespoon milk |
| 1 Tablespoon chopped green peppers | 1/4 cup chopped spinach or tomatoes |
| 1/4 cup chopped ham or crumbled bacon | |

1. Heat oil in skillet.
2. Add onion, green peppers, and ham/bacon.
3. Beat eggs and milk together. Add to vegetable mixture in skillet.
4. Stir in spinach/tomatoes.
5. Stir egg mixture constantly until eggs are cooked through. Store leftovers in refrigerator.

