



INSPIRING HEALTHY CHOICES

When families are struggling with household budgets or busy schedules, prioritizing nutrition may take a backseat at family meals.



Follow these steps to inspire healthy eating choices at home:

- STEP 1:** Visit ymca.net/membernews to download a free copy of the recipe book **"Good and Cheap: Eat Well on \$4/Day"**
- STEP 2:** Have the children in your life **create** healthy reminders to post on your fridge
- STEP 3:** **Schedule time** to volunteer at a local food pantry. Use the visit to inspire kitchen table conversations with your children about food.



OVERCOMING THE "EW" FACTOR

Taste buds dull as we age. It's no wonder tiny tongues and younger noses may have heightened responses to textures, flavors and smells. Reintroduce kids to the yummy side of nutrition with these tips and watch their "ew"-face disappear:

- ▶ **Involve children in the process.** Let them help plant a garden, chop vegetables or arrange food on dinner plates.
- ▶ **Avoid using the term "picky eater."** It can become an identity that discourages experimentation.

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