Eating together is good for everyone, and so is having young children help you in the kitchen to prepare meals and snacks!

**Get Your Kids in the Kitchen**
- Rinse fresh produce in the sink.
- Clear tabletops to use as a workspace.
- Mix simple ingredients like a salad kit or stir berries into yogurt.
- Use a pastry brush to spread oil on bread or vegetables.
- Use cookie cutters to make fun shapes with soft bread or tortillas.
- Help measure dry ingredients like flour or rice and pour into a bowl.

**Safety in the Kitchen**
- Sing “Happy Birthday” song twice while washing hands with warm, soapy water to make sure they are completely clean.
- Make sure all countertops and utensils are clean.
- Tie back hair when cooking.
- Always cook with adult supervision.

**Kids Learn Many Lessons by Helping in the Kitchen**
- Importance of healthy eating habits.
- How to practice math skills and follow instructions.
- Importance of quality time spent with family and caregivers.
- Cooking provides a sense of accomplishment and pride.
- Preparing meals and snacks promotes creativity.

**Shop, Play, Grow...**
Helping children explore and experiment with new foods gets them more excited to try them.
- Take your child with you to the grocery store, pantry, or farmers’ market.
- Let them pick out a new fruit or vegetable they want to try.
- Play a game in the produce aisle, like naming fruits and vegetables or sorting by colors as you walk by.
- Try growing your own vegetables or herbs at home.

**Family, Food, and Traditions**
- A child’s taste and food preferences are still developing. Be sure to include a variety of foods that fit your family’s culture and heritage.
- Don’t be afraid to add spices to challenge your child’s taste buds.
- Make family recipes and share traditions and stories with your child while you cook to create lifelong memories.
- Holidays, special events, and gatherings remind us that meals are shared with those we love.
Try making these fun and healthy recipes with your caregiver!

**BUILD YOUR OWN TRAIL MIX**
Choose the items you like, but make sure there’s a good mixture of items – nuts, seeds, goldfish crackers, cereal, pretzels, fresh, or dried fruit.

Mix the ingredients, and put it in a bowl.

**HOMEMADE HUMMUS**
Measure and pour the following into a food processor or blender; 1 can of garbanzo beans (drained and rinsed), juice of 1 lemon, 1/3 cup tahini, 1 garlic clove, 3 tablespoons olive oil, and salt and pepper to taste.

Blend until smooth.

Pick your favorite vegetables and crackers to dip into the hummus.

**PEANUT BUTTER AND YOGURT FRUIT PIZZAS**
Mix plain or flavored Greek yogurt with a scoop of peanut butter.

Spread this mixture on a rice cake or tortilla.

Use toppings such as fruit, chocolate chips, granola, honey, or nuts and create your own masterpiece!

**SPRING ROLLS**
Soften rice paper wrappers in room temperature water.

Fill the wrapper with fresh veggies like carrot, cucumber, radishes, and scallion.

Add protein if desired. Cooked chicken, shrimp, tuna, or tofu are all great choices!

Roll the wrappers up tightly. Enjoy this on its own or with a peanut sauce for extra flavor!

**ANTS ON A LOG**
Spread peanut butter on a piece of celery to make the log and top with raisins.

Fun twists on a classic favorite: Try other toppings, like granola or nuts. Top celery with cream cheese or yogurt dip to make this a savory snack. You can also use carrot sticks, jicama, or a banana as the log.

References:
- https://www.eatright.org/for-kids
- https://www.nutrition.gov/topics/nutrition-age/children/kids-kitchen

Ohio AAP PMP Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more