

Veggie Month

We know that veggies are an important part of our diet, and children in particular need plenty of veggies as they are packed with vitamins and minerals that growing bodies need. The thing is, **only about 5% of children eat enough veggies** and this gets worse as they get older.



How can I get my child to eat more veggies?

Get them involved! Food shopping, meal planning, food prep, cooking, grow veggies at home.

Hidden boost. Add pulses like lentils, chickpeas and black beans to bolognese and casseroles.

Grab 'n' go. Have some veggies cut up in the fridge for those moments when the kids hassle you for a snack. Carrots, snow peas and capsicum are sweet which most children love.

Role model! Show your child that you enjoy eating vegetables. Your child is more likely to try them if you are too.

Don't overwhelm your child. Offer a new vegetable with a food that you know they typically eat such as carrots, cheese and crackers.

Don't give up! It can take 10-15 tries of a new food before your child takes a liking to it. Keep trying and give lots of praise when they do try something new.

