3 Easy Ways to Involve Children in Mealtime

Family-Style Meals
Let children serve themselves from communal serving bowls. Encourage them to take full portions of fruits, vegetables, lean protein, and whole grains.

Set-Up & Clean-Up
Encourage children to assist with mealtime responsibilities such as setting the table and cleaning up after meals.

Gather Feedback
Invite children and families to give feedback on foods and to help develop the menu.