



## THERE ARE MANY PROGRAMS THAT CAN HELP YOU GET HEALTHY FOOD FOR YOUR FAMILY.

### SOME OF THESE INCLUDE:



**Women, Infants, and Children**, also known as WIC, serves families with children up to age 5, pregnant women, and new mothers. There is also support for dads, grandparents, foster parents of young children, and working families.

Find out more at 1-800-852-5770  
<https://m.wic.ca.gov/>



**CalFresh** provides monthly electronic benefits cards that can be used to buy healthy food at many food stores, markets, and even farmer's markets.

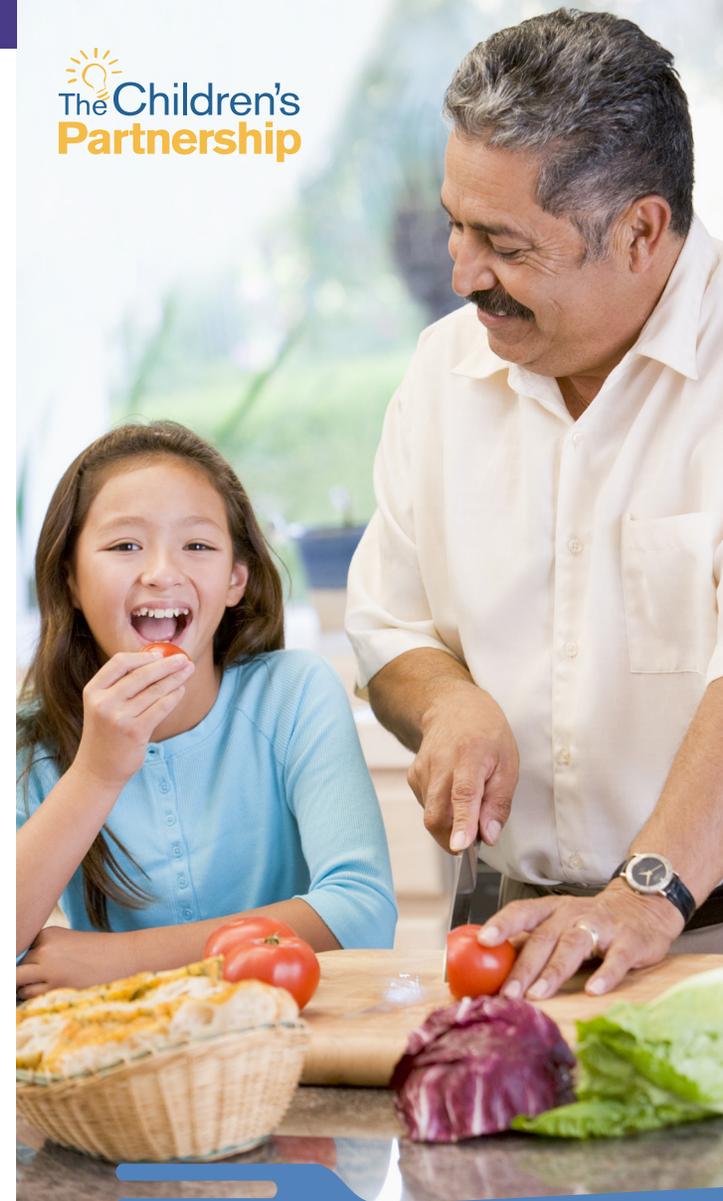
Find out more at 1-877-847-3663  
[www.cdss.ca.gov/calfresh](http://www.cdss.ca.gov/calfresh)

**Summer meals** are available throughout the state and provide free nutritious meals to children during school breaks.

Learn more at 1-800-952-5609  
[bit.ly/SummerMealSites](http://bit.ly/SummerMealSites)



For more information visit: [bit.ly/LetsTalkNutrition](http://bit.ly/LetsTalkNutrition)



LET'S TALK:  
**HEALTHY EATING  
FOR KIDS**



# WHY DOES HEALTHY EATING MATTER?

Nutritious food and drinks for your child are important to ensure they **grow up healthy**.

Forming **healthy eating and drinking habits** now will help your child live a long, healthy life.



Unhealthy foods lead to health problems like **obesity, diabetes, heart disease, and tooth decay**.



Poor eating habits make it hard for children to **concentrate, learn, and be happy**.

# FOOD FOR THOUGHT

ABOUT **HALF OF THE SUGAR** WE CONSUME COMES FROM JUICE, SODA, AND OTHER SUGARY DRINKS.



KIDS SHOULD HAVE **LESS THAN 24G OF ADDED SUGAR**, DAILY. CHECK THE NUTRITION FACTS ON THE LABEL!



SUGARY DRINKS LIKE SODA, SPORTS DRINKS, AND EVEN FRUIT JUICE, ARE **NOT HEALTHY** FOR YOUR CHILD.



LIMITING THE AMOUNT OF SUGAR, FAT, AND SALT YOUR CHILD EATS WILL **HELP KEEP THEM HEALTHY**.



# CHOOSE WATER OR MILK

Help your child avoid sugary drinks by making water and milk the only options.



Try adding some flavor to water by including fresh fruit.

# MAKING THE HEALTHY CHOICE

## MAKE IT COLORFUL

A variety of colors on the plate is a great way to ensure your child is eating healthily.



## LESS PROCESSED FOODS

Include at least one fruit or vegetable in your child's school snacks.

During meal time, make half of their plate fruits and vegetables.



EATING A VARIETY OF FOODS, INCLUDING VEGETABLES, IS IMPORTANT FOR CHILDREN TO GET ALL THE NUTRIENTS THEY NEED.