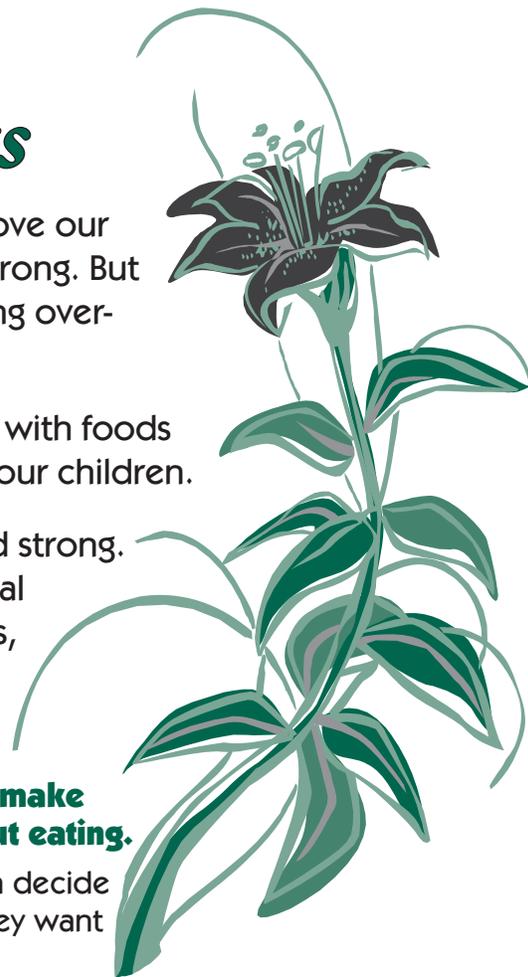


A Special Message for Grandparents

Children are a very important part of our families. We all love our grandchildren and want them to grow up healthy and strong. But there is a big problem in communities with children becoming overweight at a very young age.

We often show love to our grandchildren by providing them with foods that they really like. But often these foods aren't healthy for our children.

As grandparents, we can help our children grow up well and strong. Children need to be given healthy food and plenty of physical activity. This will help them grow up without health problems, such as diabetes, heart problems, or high blood pressure.



What can you do?

Support your children in their efforts to feed healthy foods and encourage active play in your grandchildren.

Be a good role model for grandchildren.

- Eat healthy foods such as fruits and vegetables in front of your grandchildren.
- Let your grandchildren see you being active.
- Drink water instead of sugary drinks or tea.
- Limit television time to less than one hour a day or keep it off when grandchildren are visiting.

Give children the gift of healthy foods.

- Provide fruits and vegetables as healthy snacks.
- Try water when children are thirsty instead of sugary drinks like soda, Hi-C and Kool-Aid.
- Save sweets and other foods such as french fries, chips, snack cakes, cakes and candy for special occasions.

Let children make choices about eating.

- Let children decide whether they want to eat.
- Let children decide when they are finished eating.
- Let them choose which foods to eat of those you make available.
- Don't encourage children to finish all of their food or to eat more food- only they know when they have had enough!

Show children you love them by doing things with them instead of giving food.

- Play games together.
- Go for walks together.
- Tell stories, sing or read to them.
- Skip, hop or dance together.
- Grow a garden.
- Give bubbles, a ball or water squirt toy as a treat instead of candy, chips or sugary drinks.



Adapted from http://www.nal.usda.gov/wicworks/Food_Fun/fam_meals4.htm#fm12

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