

Provider Perspectives

How do you encourage healthy food choices for kids in your program?



Our community of CACFP providers has amazing ideas! In this resource, we're sharing their insights on how they encourage healthy eating to inspire and support you in your own programs.

“ We build life skills by helping children explore nature-made foods, try **blindfolded taste tests** and learn how food grows from farm to table. Through **hands-on activities** like Adopt a Cow, learning about bees and honey, and growing Kansas corn, kids discover where food comes from in fun, meaningful ways.”

“ My favorite way to teach healthy food choices is **cooking with my preschool students** using simple recipes like fruit salad and salsa. As we prepare food together, we talk about how fruits and vegetables help our bodies grow and **encourage them to try new foods.**”



“ My preschoolers love learning about healthy foods through **story time paired with tasting** the fruits and vegetables we read about. We extend **learning with art and simple cooking projects** where children help with the process and are encouraged to explore and taste new foods.”



“ We **sit together like a family** and try new foods together, helping children build confidence and curiosity. Children assist with simple **food prep like washing fruits and vegetables**, share their favorite foods, and are encouraged to try new bites alongside their teachers for extra support.”

“ At mealtime, we **talk about what's on our plates** like the colors and textures, how foods are grown or made, and their benefits. Kids love discussing their food, which encourages them to try new things. These conversations **make learning about healthy eating fun** and something children look forward to every day.”

“ We have a program called My First Nutrition Adventure where kids **explore fresh fruits with all their senses** and end with a fun song. Older children enjoy our Sunshine Salad Social, **harvesting from garden beds** they planted, then washing up to make fresh salads and dressing.”

