

Eating Healthy at Home with Kids

While kids are at home right now, it's important to keep a routine of healthy snacks and meals to maintain a strong immune system and stay well. Here are a few ideas for managing children's healthy eating habits:



Have kids help out.

Kids of all ages can help in the kitchen. Not only can it be fun and memorable, it can be educational. Little ones can mix salads, find items in the fridge, and help mix. Older kids can read recipes, measure ingredients, or load the dishwasher.



Prepare snacks in advance.

Package pre-portioned snack bags or small containers with fruits, veggies, cheeses, or crackers. Have one or two snacks available each day that can be easily enjoyed. Keep unhealthy snacks out of reach.



Maintain meal times.

Even though kids are out of school, it's important to keep a routine. Skipping meals leaves children with an empty stomach and low energy. Kids should eat a breakfast high in protein and fiber and low in sugar, and maintain regular lunch and dinner times.



Continue serving fruits and veggies.

Fruit and vegetable options may be limited based on what's in your pantry or available at the store. Canned items can still provide nutrition – be sure to drain liquid before serving, and rinse vegetables to reduce sodium.



Remember portion sizes.

Children do not need to eat as much as adults. Remember that portion sizes vary for children of different ages and activity levels. Don't forget to include the right balance of protein, vegetables and fruits to ensure your family has a well-balanced meal.



Lose the sugary drinks.

Most fruit drinks contain 10% juice and 90% water and sugar. Unless children drink 100% juice, it is no better than drinking soda as it is all sweetened with sugar.



Provide healthy sweet treats.

Make sure that you have healthy treats to grab for desserts and snacks. Use frozen fruit to make smoothies or popsicles or create granola or trail mix from ingredients in your pantry.

For more resources and updates about COVID-19, visit pardeehospital.org/coronavirus