

Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV.
- I'm learning every day! Teach me the names of foods. Talk about their shapes, colors, and tastes. I can learn where foods come from.
- I like to eat with our family. I can eat most of our family foods.
- I need to always sit when I eat or drink. Let me sit in my booster seat at the table.
- Give me a small spoon or fork, and a small plate and cup. I may still be a little messy when I eat. I'm learning!
- I can use a napkin to wipe my mouth and hands.
- Make sure we wash our hands before and after we eat.



Healthy Snack Recipe:

Whole Wheat English Muffin Pizza

- Split English muffins and toast in toaster.
- Spread with pizza sauce, top with grated cheese and some veggies.
- Microwave until cheese melts.

Snacks are important!

Healthy snacks help me grow. Plan my snacks, and don't let me fill up on snacks all day long.

Give me safe foods.

- Give me foods that are bite-sized and soft enough for me to chew easily.
- Don't give me foods that I can choke on: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, dried fruits, hot dogs, chunks of meat, and hard candy.
- Cut grapes in half, spread peanut butter thinly, cut hot dogs the long way.



Ask WIC if you have any questions about what I'm eating.

I can help!

- Let me help you in the kitchen. I can:
 - Rinse fruits and vegetables.
 - Tear lettuce for salad.
 - Spread butter or peanut butter on bread.
 - Name and count foods.
 - Make "faces" with pieces of fruits and vegetables.
 - Talk about cooking.
 - Put things on the table.
 - Put things into the trash.
- When I help you, I feel good. I'll probably eat better too!



Make sure I wash my hands before I help.



Let's play!

I love to play every day. Playing with me helps me grow smarter, stronger, healthier, and happier! These are things I like to do with you:

- Dance
- Play follow-the-leader
- Play leap frog
- Play hide-and-seek
- Make believe that we're cooking, exploring the jungle, being animals, etc.
- Take a walk



I love to play every day.

Look what I can do!

- I like to do things for myself. Please say you are proud of me.
- I can run, hop, and throw a ball. Let's play catch!
- I like to pretend, like playing store.
- I know lots of words, and I can talk with you. I like to talk. I ask "Why?" a lot.
- I can serve myself at the table. If you hold the bowl, I can take a spoonful of food. Please be patient if I spill.
- I can learn to say "Please" and "Thank you".
- I can pick out a vegetable at the store.

Keep me safe and healthy.

- Always put me in my car seat when we drive.
- Take me to my doctor and dentist.
- Help me brush and floss my teeth every day.
- Keep things that can hurt me out of my reach.
- Always watch me around water.
- Keep me away from cigarette, tobacco, and all other smoke.
- Put sunscreen on me when I play outside.
- Hold my hand when we cross the street.
- No more than 1 or 2 hours a day of screen time: TV, tablet, phone, or computer!

I'm 3
Please play with me!

Explore with me fun ways to eat healthy and be active!



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Washington State WIC Nutrition Program

PUBLIC HEALTH
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Trust me to eat the right amount.

- You decide what healthy foods to offer me. I decide which of these foods to eat, and how much to eat.
- I like to make some choices. You know what foods I need to be healthy. Let me choose between healthy foods.
- My stomach is still little. Start with small servings of each food. Let me ask for more.
- Let me decide when I have had enough. Don't force me to eat or make me "clean my plate".
- Don't worry if I don't eat a meal or a snack. I'll eat more on some days than others. Don't beg me to eat or fix other foods for me.
- Serve me foods that I like along with a new food. You may need to offer me the new food 10 times before I'll like it. This is normal. I'm learning about foods.
- I change my mind a lot. I may like a food one day and not the next. I'll learn to like most foods.



Good food for three year olds — offer me every day:

Grains



4 of these choices:

- 1 slice bread or tortilla
- 1 cup dry cereal
- ½ cup cooked noodles, rice, or oatmeal
- 6 small crackers

Half the grains I eat should be whole grains!

Protein



3 or 4 of these choices:

- 2 tablespoons chopped meat, chicken, turkey, or fish
- 1 egg
- 4 tablespoons cooked, mashed beans
- 1 tablespoon peanut butter
- 4 tablespoons tofu

Meat and beans give me the most iron to keep my blood strong!

Vegetables



3 of these choices:

- ½ cup cooked chopped vegetables
- 1 cup raw (not hard) vegetables, like cucumbers or zucchini
- 4 ounces vegetable juice

Offer me a dark green or orange vegetable every day!

Dairy



4 or 5 of these choices:

- 4 ounces milk
- 4 ounces yogurt
- 1 slice cheese

I can drink low-fat or fat-free milk. Foods in the Dairy Group give me calcium for stronger bones and teeth.

Fats, oils, and sweets

Only a little bit

Fruits



2 or 3 of these choices:

- ½ cup fresh, canned or frozen fruit
- 4 ounces 100% fruit juice (no more!)

Offer me a vitamin C food every day (oranges, strawberries, melons, mangos, papayas, WIC juices).

Start with small amounts and let me ask for more.

Meal and snack plans for me

Offer me 3 meals and 2 or 3 snacks every day. I like to eat around the same times every day.

Here are meal and snack plans to give you ideas. Pick a variety of foods to help me grow and be strong.



Meal and Snack Plan A (1200 calories per day)

Breakfast	1 ounce Grains ½ cup Fruit ½ cup Dairy*
Snack	1 ounce Grains ½ cup Fruit
Lunch	1 ounce Grains ½ cup Vegetables ½ cup Dairy* 1 ounce Protein Foods
Snack	½ cup Vegetables ½ cup Dairy*
Dinner	1 ounce Grains ½ cup Vegetables 1 cup Dairy* 2 ounces Protein Foods

Meal and Snack Plan B (1200 calories per day)

Breakfast	1 ounce Grains ½ cup Dairy* 1 ounce Protein Foods
Snack	½ cup Fruit ½ cup Dairy*
Lunch	2 ounces Grains ½ cup Vegetables ½ cup Dairy*
Snack	½ cup Vegetables ½ cup Fruit
Dinner	1 ounce Grains ½ cup Vegetables 1 cup Dairy* 2 ounces Protein Foods

*Offer me fat-free or low-fat milk, yogurt, and cheese.

1 ounce Grain =

- 1 slice bread **or**
- 1 ounce ready-to-eat cereal **or**
- ½ cup cooked rice, pasta, or cereal

P R I N T I N G S P E C I F I C A T I O N S

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