I can help!

- Let me help you in the kitchen. I can:
  - Help decide which vegetables to have for dinner.
  - Rinse fruits and vegetables.
  - Tear lettuce.
  - Make “faces” with pieces of fruits and vegetables.
  - Put napkins, forks, and spoons on the table.
  - Put things into the trash.
- I might not be neat, but I’m doing my best. Sometimes I drop things because my fingers are still small.
- When I help you, I feel good. I’ll probably eat better too!

Healthy Snack Recipe:

Yogurt Fruit Dip

- In a small bowl, mix plain yogurt with a tablespoon of orange juice for a dip.
- Slice soft fruits to serve with the dip.

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.

Trust me to eat the right amount.

- My stomach is still little. Start with small servings, about 1 tablespoon 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 a 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.

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 hide-and-seek
- Make believe that we are cooking, exploring the jungle, being animals, etc.
- Take a walk together

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 love to run, jump, and climb. Please watch me to keep me safe.
- I like to copy what you do, like cooking food, and talking on the phone.
- I’m learning new words. Talk, sing, and read to me so I can learn more. Teach me the names of things.

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.
- Too much TV, tablet, phone, or computer time isn’t good for me. An hour a day is enough.
- Put me down for my nap every day. I need some quiet time. Will you read me a story?
- Put sunscreen on me when I play outside.

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Washington State WIC Nutrition Program
PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON
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Explore with me fun ways to eat healthy and be active!

I like to say no!

Saying No! is my way of saying I want to do things for myself.

I like to make some choices. You know what foods I need to be healthy. Give me two choices of healthy foods and let me choose. Let me decide how much I want to eat.

Make our family meals relaxed.

- I like to be with you. Let's enjoy eating together. Please turn off the TV, phone, and mobile devices.
- I need to always sit when I eat or drink. Put me in my high chair or booster seat at the table with our family. I can eat most of our family foods. You don't need to fix meals for me that are different from what you eat.
- Give me a small spoon or fork, and a small plate and cup. I may still be messy when I eat. This is how I learn to feed myself!
- Make sure we wash our hands before and after we eat.

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

Grains

6 of these choices:

- ¼ to ½ slice bread or tortilla
- ¼ to ½ cup dry cereal
- ¼ cup cooked noodles, rice, oatmeal
- 2 or 3 small crackers

Half the grains I eat should be whole grains!

Protein

4 of these choices:

- 1 tablespoon chopped meat, chicken, turkey, or fish
- ½ egg
- 2 tablespoons cooked, mashed beans
- ½ tablespoon peanut butter
- 2 tablespoons tofu

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

Vegetables

4 or more of these choices:

- ¼ cup cooked chopped vegetables
- ¼ cup cooked mashed vegetables
- 2 ounces vegetable juice

Offer me a dark green or orange vegetable every day!

Dairy

4 of these choices:

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

I can drink low-fat or fat-free milk now that I'm 2. Foods in the Dairy Group give me calcium for stronger bones and teeth.

Fats, oils, and sweets

Only a little bit

Fruits

4 or more of these choices:

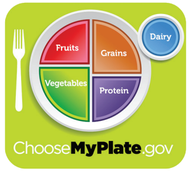
- ¼ cup soft fresh fruit
- ¼ cup soft canned or frozen fruit
- 4 ounces 100% fruit juice (not more!)

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

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 (1000 calories per day)	
Breakfast	1 ounce Grains
	½ cup Fruit
	½ cup Dairy*
Snack	½ ounce Grains
	½ cup Fruit
Lunch	1 ounce Grains
	¼ cup Vegetables
	½ cup Dairy*
	1 ounce Protein Foods
Snack	¼ cup Vegetables
	½ cup Dairy*
Dinner	½ ounce Grains
	½ cup Vegetables
	½ cup Dairy*
	1 ounce Protein Foods

Meal and Snack Plan B (1000 calories per day)	
Breakfast	1 ounce Grains
	½ cup Dairy*
	1 ounce Protein Foods
Snack	½ cup Fruit
	½ cup Dairy*
Lunch	1 ounce Grains
	¼ cup Vegetables
	½ cup Dairy*
Snack	¼ cup Vegetables
	½ cup Fruit
Dinner	1 ounce Grains
	½ cup Vegetables
	½ cup Dairy*
	1 ounce 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

Title:	**I'm 2 – Look What I Can Do!**
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Paper stock:	80# text, matte, white
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