



Cooking with Kids at Home

Food Literacy Month can be a springboard to introduce your kids to new fruits and vegetables through cooking meals together! A recent [study](#) showed that kids who cook with their parents are more likely to eat fruits and vegetables than kids who don't.

Healthy fruits, vegetables, proteins, and whole grains help kids to grow healthy bodies and brains. By developing a love for nutritious food at an early age, they are more likely to grow into adults who make healthier lifestyle choices.

FOLLOW A RECIPE

Teach them to follow an easy recipe and discuss with them how each ingredient can help them grow big and strong. We have created a kid-friendly, easy, and yummy [sunflower seed butter & apple](#) sandwich recipe for you to make with your kids.

It contains:

- Protein from the sunflower seed butter
- Complex carbohydrates from the bread
- Vitamins and fiber from the apple slices

A perfect well-rounded snack for kids and adults alike!



CREATE YOUR OWN RECIPE

Create easy recipes with your kids using fresh seasonal fruits and vegetables. You can start by changing the fruit topping on the peanut butter sandwich (strawberries are great!). Other kid-friendly recipes you can modify include:

- [Simple Guacamole](#)
- [Strawberry & Banana Smoothie](#)
- [Bean Burrito](#)
- [Watermelon Popsicles](#)

Have your kids name the recipes, take photos of your dishes, and compile them in a family cookbook. Create memories with your kids while having fun and enjoying delicious family meals together!

<http://foodliteracycenter.org/>