

# LITTLE ONE MENU

For Families With  
Preschoolers & Toddlers



## Preschooler Time (3- to 5-Year-Olds)

### Appetizer

Ask your family, "What is your favorite part of a parade?" Answers can include, "marching bands, floats, clowns, the animals."

### Main Dish (Mealttime Parade)

Don't just share mealttime with your family, celebrate mealttime together. Search through your cupboards for a variety of "instruments" for your family to play. These can include pots and pans and their lids, kazoos, wooden spoons, party horns or any other items that can make noise. Say, "We are going to have a dinner parade!" Once everyone has an "instrument," march around your home making as much noise as you can. When your parade winds down continue the celebration by eating your meal together.

### Dessert

Have another parade after your meal before you put your "instruments" away.

## Toddler Time (1 1/2- to 3-Year-Olds)

*Even the littlest family members can join in on the fun. They can march along with you or be held by another family member as they clap their hands, beat on a toy drum, or sing a song as they join you in making as much noise as possible.*

## Side Dish

### *Strive for Five*

*Five meals together each week is the goal. Begin with one and work your way up.*



*Enjoy mealttime conversation before clean-up begins.*



*Keep the mealttime atmosphere friendly and warm.*



*Make mealttime family time while eating out.*