Being a grandparent is one of life’s special gifts. Eating healthy food and staying active are two ways to be sure that you will be a good role model by being active and eating healthy food.

Turn The Page For 12 tips on Being A Healthy Role Model!!!
1. **Practice what you preach.** Show your grandchildren that you eat healthy food and are active every day.

2. **Try new foods.**
   - Take turns describing the tastes, textures, and aromas of new foods.
   - Serve new food with old favorites.
   - Never lecture or force kids to eat.

3. **Make no special orders at meals.** Plan meals with your grandchildren to avoid making different meals for you and them.

4. **Allow your grandchildren to choose.** Offer reasonable, healthy choices at meals and snacks.

5. **Share at meals.**
   - Make sharing time happy, fun, and stress-free.
   - Turn off the television.
   - Take phone calls later.

6. **Shop with your grandkids.**
   - Teach about the nutrition of different foods.
   - Allow each child to choose a healthy food at the store to prepare for a snack or meal.

7. **Be creative in the kitchen.**
   - Create a healthy trail mix.
   - Make funny faces with food.
   - Cut foods into fun shapes using cookie cutters.
8. **Make food fun.** Name a recipe after the child who prepares it - like “Susie’s Scrumptious Salad.”

9. **Limit screen time.**
   - Limit TV and computer time to 2 hours a day or less.
   - Exercise during commercials.
   - Compete to see who can do the most push-ups, sit-ups, or jumping jacks.

10. **Be an active family.**
    - Visit the zoo or local park.
    - Go for a swim or bike ride.
    - Create an obstacle course at home.

11. **Never offer sweets as rewards.** Use encouraging words, hugs, and small rewards such as stickers to make a child feel special.

12. **Don’t offer sweets to children who do not eat their meals.** Sweets have empty calories and very little nutrition.
Fruit Salad

Ingredients

- 1/3 cup of orange juice
- 1/3 cup Reduced Sugar Sweet Orange Marmalade or Reduced Sugar Apricot Preserves
- 1 cup watermelon or cantaloupe balls, or both
- 1/2 cup seedless green grapes
- 1 kiwi, peeled and sliced
- 1 seedless orange, peeled and sliced into sections
- 1 1/2 cups of mixed berries (strawberries, red raspberries, blue berries, and black berries)

Directions:

1. To make a dressing for the fruit, combine the orange juice with Apricot Preserves or Orange Marmalade.
2. Place fresh fruit into a pretty bowl. Mix fruit with dressing.

6 servings

Calories: 81  Carbohydrate: 20 grams  Fat: less than 1 gram
Sodium: 1 milligram  Fiber: 2 grams