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## Starting them out right....

Posted by DianaR - 2008/07/11 01:09

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When my sons were little, I would provide all day munchies for them during the weekends. I cut vegetables and chicken up and allowed them to eat what they wished throughout the day. A little healthy dip made this raw vegetable and fruit buffet made it special.

Maybe I was just lucky, but I think they were ill all of 2 times while in school, and haven't had more than a couple of colds, based on their word mind you, as adults.

What types of food experiences do you provide to get you kids away from eating junk and into eating healthier?

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## Re:Starting them out right....

Posted by lilbit - 2008/07/14 08:42

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My kids and grandkids like baby carrots raw with a dip of course. Usually Ranch dressing. They also like cut up fruit and celery with peanut butter. Oh and cut apples with peanut butter.

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