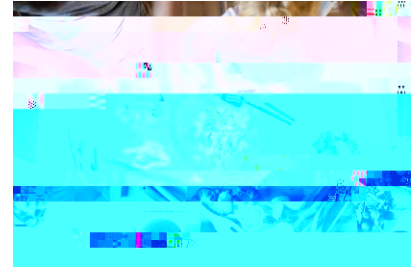


Food for Thought

April 2024

Raise Children Who Eat Their Vegetables

It is possible to raise kids who like eating a wide variety of vegetables. The secret is to never bribe or threaten them to eat. Make the foods available that you want



Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-292-2525

North Central Idaho: Clearwater