Coordinating Nutrition for the Children with their Parents using IMIL Nutrition Messages

Let the parents know about the Go Glow Grow messages and how their children are learning about them. The children may start requesting some of these foods at home.

The I am Moving I Learning messages are mostly for parents and are excellent with these two exceptions:

- Kick the Can—If canned fruits and vegetables are what you can afford, then buy them rather than other foods that are not as nutritious. They are better than no fruits and vegetables at all.
- Fresh is Best—(Emphasize frozen is good too and less expensive—do not need to worry as much about waste)

Give these messages more explanation.

“Kick the Can” -- Yes, heavy sauce on canned vegetables is best avoided, but canned fruits and vegetables packed in water with low sodium are a low cost choice if that is what the family’s budget allows.

“Fresh is best” -- If a family can afford fresh, or grows their own, --great , but if canned or frozen is what they can afford then that is what they should use. If the family is not used to serving fruits and vegetables, advise them to start with frozen so they can take smaller amounts out and can try them without worrying about wasting a fresh source.