



What is your family's strength?

1 Choose a card that describes your family: "This is important to us and something we do well."

2 Choose a card that interests you: "I wish we had more of this. This is something we want to practice."

Remember: Not all cards need to apply to one family. Every family has its own strengths and ways of eating.



More information via QR code.

www.ruokakasvatus.fi

Instagram: @ruokakasvatus

Pakko maistaa? -podcast Spotifyssa ja Suplassa



Euroopan unionin osarahoittama

Kortit on käännetty eri kielille osana Niitty 2 - Yhdessä maahanmuuttajaperheiden hyvän arjen puolesta -hanketta (2023-2026). Niitty 2 on EU:n osarahoittama hanke ja sen toteuttajia ovat Tampereen ammattikorkeakoulu, Pirkanmaan hyvinvointialue ja Tampereen kaupunki.



The family eats together whenever possible.



The child practices serving food onto their own plate.





Ruokakasvatusyhdistys
RUUKKU

englanti

**The whole family
eats the same food.**



Ruokakasvatusyhdistys
RUUKKU

englanti

**We cook together
with the child.**



Ruokakasvatusyhdistys
RUUKKU

englanti

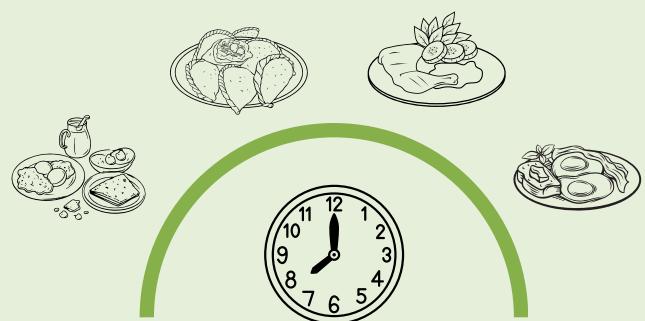
**We've found foods
that make everyday
life easier.**



Ruokakasvatusyhdistys
RUUKKU

englanti

**We have regular
mealtimes.**





I remember to take care of myself and eat, too.



The child gets to decide how much they want to eat. I don't pressure the child to eat.



We don't bring phones to the dining table.



I eat the foods I hope my child will eat.





The child gets to practice eating independently.



I try to stay relaxed about messes.



We sometimes play with food.



I explore food with the child using different senses.





I approach our family's eating with flexibility and ease.



I offer water as a thirst quencher and water or milk with meals.



I offer vegetables in many colors.



I offer vegetables at every meal, even if the child doesn't eat them.





Ruokakasvatusyhdistys
RUUKKU

englanti

**I choose Heart
Symbol products
at the store.**



Ruokakasvatusyhdistys
RUUKKU

englanti

**We sometimes eat
vegetarian meals.**



Ruokakasvatusyhdistys
RUUKKU

englanti

**I often choose
whole grain
products.**



Ruokakasvatusyhdistys
RUUKKU

englanti

**We eat sweet
treats as dessert.**

