

Dear Head Start Family:

Over the past few weeks, your child has been tasting bell pepper and melon in classroom activities, meals, and snacks offered by the Head Start. By providing these repeated opportunities to try new foods, your child is more likely to enjoy the taste of bell pepper and melon and to eat more of these foods in the future. Enclosed are two recipes for snacks that include bell pepper and watermelon and a shopping list. Most, if not all, of the ingredients should be available at your local CHILE participating grocery store. Bring your child along to the grocery store and pick out the ingredients together. Finally, a handout with tips on how to prevent choking is included. Please review to ensure that your child has safe eating experiences.







Make sure to look for the CHILE shelf label for ingredients that have an asterisk (*) next to them.





SHOPPING LIST

- 2 bell peppers (any color) 
- 15-oz can black beans
- frozen or canned corn
- brown rice 
- 1 onion
- cumin (in the spice aisle)
- garlic cloves
- cilantro
- non-stick cooking spray
- part-skim mozzarella cheese or reduced-fat cheese of choice 
- 1 seedless watermelon 
- plastic zip top bags
- straws with rounded ends



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