

SALAD IN A JAR

Ingredients- carrots, peas, corn, avocados strawberries, lettuce.(you can tailor to your own choice). **Optional:** you can also add ham/chicken (or you can add chickpeas or a type of beans for some added protein).

– Strawberry dressing (bottled, found in many supermarkets) or your favourite dressing.



1. For softer foods like the avocados and ham, you can show your child how to cut them up. The avocado was cut using a butter knife and ham with scissors. **Tip:** scissors work great for helping little hands “chop” up foods vs. using knives.



2. Lay out all your ingredients on one large platter so they'll be easier to layer.



3. Ask your child to start layering (see steps above). You want to start with the dressing first so it doesn't get the other foods too soggy. Add 2-3 tablespoons of dressing. Then start layering from the heaviest to lightest foods ending with the salad greens. Our layers from bottom to top: dressing, carrots, ham, peas, corn, avocados, strawberries, greens.

Note-You might notice we put in just a small amount of leafy greens. That was on purpose. I often find kids don't want to chew large pieces of green leaves which make them turn away from salads. Our approach here was to fill up the salad with lots of other kid-friendly veggies they're more used to seeing (peas, corn, avocado, carrots).

Also note we added strawberry as a fruit. This naturally sweetens up the salad and makes it more appealing to kids. Don't be afraid to add other fruits like blueberries, raspberries, even peaches or apples.