

# Accessible Document

## Simple Ways to Introduce a Plant-Based Diet to Kids

- **Offer Familiar Food Options:** Transitioning to plant-based eating doesn't mean abandoning favorite meals. Start by substituting meat in their go-to dishes like spaghetti or burgers with plant-based alternatives. Familiarity helps make the shift more palatable for young taste buds.
- **Half Meat, Half Mushroom Meals:** Introduce a unique twist by blending mushrooms into meat dishes. This not only reduces the overall meat content but also adds a savory new flavor. It's a clever way to enhance nutrition while maintaining a familiar taste.
- **Use Smoothies for Sneaky Nutrition:** Make plant-based eating an interactive experience by involving your kids in creating delicious smoothies. Blend in a variety of fruits, greens and plant-based proteins. This not only introduces vital nutrients but also turns a healthy choice into an enjoyable treat.
- **Have Meatless Mondays:** Ease into plant-based eating by designating one day a week as 'Meatless Monday.' This approach simplifies meal planning and introduces variety into their diet. Many schools, including those serviced by Sodexo, have successfully implemented similar programs, making plant-based options accessible and appealing.
- **Use White Beans Instead of Dairy:** Utilize pureed white beans to thicken soups without resorting to dairy. This trick not only enhances creaminess but also boosts the protein and nutrient content of the dish. It's a win-win for taste and nutrition.
- **Pair Proteins with Grains:** Ensure a well-rounded meal by pairing plant-based proteins with grains. This combination creates a complete amino acid profile, aiding absorption and providing a satisfying and nutritious foundation for their meals.
- **Incorporate Nut Butters:** Harness the versatility of nut butters to make plant-based proteins more appealing. Incorporate peanut butter or alternatives into classic favorites like ants on a log, PB&J sandwiches or as spreads on crackers or rice cakes. Nut butters not only taste great but also provide essential nutrients.
- **Add Fat-Soluble Vitamins on Top:** Elevate the nutritional content of salads by adding toppings rich in fat-soluble vitamins. Seeds, nuts, avocados – these additions not only enhance flavor but also contribute essential nutrients including vitamins A, D, E and K that support overall health.