



## Reinforcement Text Messages (sent after program completion)

- Week 1 – Hi! Eat fruits & veggies & your kids will too. Try adding fruit to breakfast! Feeding 4 Healthy Eating (Msg/data rates may apply. Text “STOP” to quit texts)
- Week 2 – Hi! Eating fruits & veggies for snacks shows your kids that you enjoy them. Feeding 4 Healthy Eating
- Week 3 – Hi! Your child won’t eat a new veggie? Try when they’re hungry. Offer it first before other food. Feeding 4 Healthy Eating
- Week 4 – Hi! Do you eat fruits and vegetables in front of your child? Reply 1=yes, 0=no
- Week 5 – Hi! You decide what, when, & where your kids eat & they decide how much. Feeding 4 Healthy Eating (Msg/data rates may apply. Text “STOP” to quit texts)
- Week 6 – Hi! Teach your children to listen to their stomachs. If they tell you they are full, don’t force them to eat more. Feeding 4 Healthy Eating
- Week 7 – Hi! Making sandwiches for lunch? Your kids can help put them together. Feeding 4 Healthy Eating
- Week 8 – Hi! Did your child help you cook a meal this week? Reply 1=yes, 0=no
- Week 9 – Hi! At dinner start with small portions & let your child decide how much to eat. Feeding 4 Healthy Eating (Msg/data rates may apply. Text “STOP” to quit texts)
- Week 10 – Hi! When is your next family meal? Why not plan one for tonight? Remember to turn off the TV so you can focus on each other. Feeding 4 Healthy Eating
- Week 11 – Hi! Children may play with & spit out a new food at first. Don’t be discouraged, in time they may happily eat the food. Feeding 4 Healthy Eating
- Week 12 – Hi! Did you eat a meal with your child this week? Reply 1=yes, 0=no
- Week 13 – Hi! Your Feeding 4 Healthy Eating messages are ending. Thank you for participating in the Feeding 4 Healthy Eating program!

## Evaluation Messages

- Message 1: “Hi! Do you eat fruits and vegetables in front of your child? Reply 1=yes, 0=no”
- Message 2: “Hi! Did your child help you cook a meal this week? Reply 1=yes, 0=no”
- Message 3: “Hi! Did you eat a meal with your child this week? Reply 1=yes, 0=no”