

# MAKE FOOD FUN!

## PICK A THEME

PICK A LETTER, COLOR OR SHAPE AND MAKE ALL OF THE ITEMS ON THEIR PLATE FIT THAT THEM. (IE GREEN: SPINACH BANANA PANCAKES, GREEN GRAPES AND CELERY WITH PEANUT BUTTER! OR TRY TO INCLUDE ALL THE COLORS OF RAINBOW! ALSO TRY THEME NIGHTS LIKE TACO TUESDAY, OR DIY NIGHT WHERE KIDS CREATE THEIR OWN PIZZA, ETC.

## MUFFIN TINS

SOMETIMES ALL IT TAKES IS CHANGING UP THE SERVING VESSEL TO MAKE A MEAL MORE FUN FOR KIDS. MUFFIN TINS ARE GREAT FOR SERVING KID-SIZED PORTIONS OF A LOT OF DIFFERENT FOODS. PLUS YOU CAN SERVE A GOOD MIX OF FOODS THEY LIKE AND THINGS THEY ARE LEARNING TO LIKE OR EVEN NEW FOODS FOR THEM TO TRY!

## NEW LOCATION

TIRED OF BATTLING KIDS TO STAY IN THEIR SEATS AT THE TABLE? TRY LETTING THEM EXPLORE A DIFFERENT LOCATION. PACK UP A LUNCH FOR AN INDOOR OR OUTDOOR PICNIC, PULL OUT THE KID-SIZED PLAY TABLE FOR THEM TO SIT AT OR GO THE EXTRA MILE AND SERVE THEM BREAKFAST IN BED ONE DAY!

## NEW UTENSIL

EVEN IF THEY HAVEN'T QUITE MASTERED UTENSILS, YOU CAN STILL DO THIS! TRY SERVING A NEW FOOD WITH A TOOTHPICK OR COCKTAIL FORK FOR THEM TO TRY. OR GIVE THEM A PAIR OF CHOPSTICKS AND LET THEM GO TO TOWN ON A BOWL OF NOODLES. FOR LUNCH, CUT THEIR SANDWICH INTO PIECES AND PUT IT ON A SKEWER.

## MAKE SHAPES

USE COOKIE CUTTERS TO CUT SANDWICHES INTO FUN SHAPES OR BUY MINI ONES TO USE ON CHEESE, DELI MEAT AND EVEN SLICED VEGETABLES. OR TRY A CRINKLE CUTTER OR SPIRALIZER. EVEN A PARING KNIFE CAN TRANSFORM FOOD INTO FUN SHAPES. OR TRY MAKING FACES OR SIMPLE PICTURES WITH THEIR FOOD.

## TAKE A SWIM

PICK A DIP OR TWO FOR THE MEAL AND LET THE KIDS MAKE EVERYTHING ON THEIR PLATE "GO FOR A SWIM" IN THE DIP. TRY EVERYTHING FROM RANCH DRESSING TO MARINARA. OTHER DIP SUGGESTIONS: GUACAMOLE, SALAD DRESSING, BBQ SAUCE, HUMMUS. MELTED CHEESE OR BUTTER, OR PEANUT BUTTER MIXED W/ YOGURT.

# PICKY EATING TIPS

## PLAN & PREP

BROWSE COOKBOOKS OR PINTEREST TOGETHER AND LET THEM PICK A MEAL THEY WANT TO TRY. THEN TAKE THEM TO THE STORE WITH YOU TO HELP GATHER INGREDIENTS AND BRING THEM INTO THE KITCHEN SO THEY CAN HELP CHOP, POUR, MIX, SCOOP, SPIN AND SLICE LIKE YOU DO.

## ALL SENSES

ENCOURAGE THEM TO INTERACT WITH NEW FOODS USING ALL THEIR SENSES. CAN THEY TOUCH IT? LICK IT? SMELL IT? WHAT COLOR AND SHAPE IS IT? IS IT HARD OR SOFT? HOT OR COLD? TRY SERVING THE SAME FOOD IN MULTIPLE FORMS - IE CARROTS BAKED IN A BAR, DIPPED IN RANCH AND SAUTÉED IN STIR-FRY.

## OFFER CHOICES

OFFER THEM THE CHOICE BETWEEN TWO FOODS SO THAT THEY FEEL LIKE THEY'RE IN CONTROL. ALWAYS SERVE SOMETHING NEW WITH SOMETHING THEY LIKE. LET THEM CHOOSE IF THEY WANT THE NEW FOOD MIXED IN, SERVED NEXT TO OR ON TOP OF THE FAMILIAR THINGS.

## CHANGE IT UP

IF THEY DON'T LIKE TRYING NEW FOODS AT MEALS, TRY OFFERING THEM AT SNACK TIME OR AT A RANDOM TIME DURING THE DAY. IF THEY DON'T LIKE STEAMED VEGGIES, TRY THEM ROASTED, SAUTÉED OR MASHED. DON'T LIKE LEFTOVERS HOT? SERVE THEM COLD OR ROOM TEMPERATURE.

## LET THEM

WON'T TRY A NEW FOOD WHEN YOU PUT IT ON THEIR PLATE? LET THEM SERVE THEMSELVES BASED ON WHAT YOU OFFER. THEY CAN CHOOSE WHAT GOES ON THEIR PLATE AND HOW MUCH. OR LET THEM CHOOSE A DIP OR SAUCE TO GO WITH IT EVEN IF IT'S NOT SOMETHING YOU WOULD USUALLY CHOOSE.

## CHALLENGE!

USE THE "TRY NEW FOODS" CHART TO KEEP TRACK OF ALL THE NEW FOODS THEY TRY. LET THEM RATE THE FOODS AND MAKE NOTES ABOUT THEIR THOUGHTS. AFTER TRYING X NEW FOODS, OFFER THEM A NON-FOOD REWARD TO KEEP IT FUN AND EXCITING! BE SURE TO TRY RIGHT ALONG WITH THEM!