



## Why Are Some Kids Picky Eaters?

Not wanting to try new foods is actually quite normal in children. They do not always like new tastes or textures but there are ways to encourage children to try new foods. This brochure lists some of the dos and don'ts when trying to get children in your Club to accept new foods. The key is not getting frustrated and to keep trying.

## Creative Snack Ideas

- Fun fruit kebabs: put fruit on wooden skewers, dip in yogurt
- Edible veggie bowls: serve carrot, celery, and pepper sticks out of a bowl made from one half of a pepper, use low fat salad dressing for dip
- Dried fruit trail mix: combine dried fruit (banana, mango, pineapple, and raisins) with sesame seeds and different types of unsalted nuts\*
- Dry cereal snack mix: combine cheerios, corn bran squares, and shreddies with raisins
- English muffin mini pizzas: top a whole wheat English muffin with pizza sauce, mozzarella cheese, and your favourite toppings



## Picky Eaters

### “Dos” for Dealing with Picky Eaters

- Be a role model. Try new foods with the kids.
- Be patient. If the kids refuse a food, try again later. It may take 10-15 times before they try it!
- Combine new foods with old favourites like adding a new vegetable to a spaghetti sauce.
- Make it fun. Try cutting food into fun shapes or presenting it in the shape of a happy face. Even teaching the kids something interesting about the food can help them warm up to new foods faster.
- Involve the kids. Bring the kids grocery shopping while you select new foods or ask for their help as you prepare the meal or snack.

### “Don'ts” for Dealing with Picky Eaters

- Never force a child to eat a new food
- Don't make it a big deal if a child will not eat a particular food
- Never use food as a reward. Don't use dessert as a reward for eating a vegetable
- Don't withhold other foods until new foods are eaten
- Don't transfer your food dislikes to the kids. Just because you don't like a specific food doesn't mean that the kids won't like it.

As every child matures they tend to become less picky about food, but everyone has their own tastes. Don't expect your children to like every food they try.

## Creativity is Key

Sometimes children say they don't like a particular food, but if offered in a different or creative way they will often try it and like it!

**\*\*Be aware of any allergies when serving new food**