

Picky Eaters

Why are some kids picky eaters?

Many children are picky eaters. You may find this very frustrating when trying new foods with kids in your Kids Eat Smart Club.

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. On the next two pages you will find do's and don'ts when trying to get children in your Club to accept new foods. The key is not to get frustrated and to keep trying.



The “Do’s” for dealing with picky eaters:

- Act as a role model by trying new foods with the children.
- If the kids refuse a food try again later. It may take 10-15 times before some try it!
- Combine new foods with old favorites. For example, add a new vegetable to a favorite spaghetti sauce.
- Teach the children something interesting about the food.

The “Don’ts” for dealing with picky eaters:

- Never force a child to eat a new food.
- Don’t make a big deal if a child will not eat a particular food
- Never use food as a reward. For example, don’t use dessert as a reward for eating a vegetable.
- Don’t withhold other foods until new foods are eaten.

Creative Snack Ideas

- Cut up fruit with yogurt dip
- 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 a low fat salad dressing for dip.
- Dried Fruit Trail Mix – Combine dried fruit (try 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 and dry roasted almonds
- Unsweetened Applesauce and graham crackers
- English muffin mini pizzas- Use a whole wheat English muffin, pizza sauce, your favorite toppings and mozzarella cheese
- Natural (unbuttered) popcorn

****Watch out for allergies**

Creativity is Key:

Sometimes children say they don’t like a particular food but if offered in a different/creative way they will often try it. ...And like it!!!

