

Child Care Providers – Please copy this page and share with your families!

FAMILY FOCUS

Introducing New Foods!

Children aren't known for their eagerness to try new foods. Oftentimes, you will have to get creative to encourage them to try something new.

- Make a fun shopping trip out of it. Bring your children to the store with you to shop for new foods.
- Let your children help you cook. Children love to be in the kitchen and including them may encourage them to try other new foods.
- Offer new foods at the beginning of a meal, when your child is the hungriest.
- Think small portions at first. Large amounts of a new food might overwhelm them.

- Combine new foods with familiar foods and consider limiting to one new item at a time.
- Be patient, remember trying new foods takes time. Children may have to try the new food up to a dozen times before they decide if they like it or not.
- Strive to be a good role model. Try the new food yourself and describe the taste and texture - is it sweet, salty, crunchy, etc.
- Set the tone. Mealtime should be a pleasant and positive experience!

Make dinner time family time; turn off the television and visit about everyone's day!

Source: Child Care Aware® of Kansas



**Do you know somebody interested in becoming a child care provider?
Have them call their local Child Care Resource & Referral Agency at 1-855-750-3343 for more information!**