

# 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!