

Healthy Eating Starts Now

Do you have a “picky-eater”? Most kids are at one point or another. Finding ways to encourage trying new or different foods can be challenge for parents. We are here to say, do not give up! Making sure your child has a balanced diet filled with healthy choices will ensure their growth and development now and in the future.

Grab and Go

Sometimes it is easier to just grab a meal on the move. We have all been there. Still, knowing what health choices are available can make this stress free for both you and your child. Rules to guide you are to select fresh over frozen, baked not fried, and brighter the color the better! Check out the link on this brochure for 150 great grab and go snacks.

My Plate

The MyPlate program is a tool designed to help parents and children in meal planning. By dividing the plate into colored sections that represent the five food groups, children can associate how much of each food group they should have on their plate. This program is an educational tool for parents to understand how the age, gender and daily physical activity of their child plays into how much food their child may eat.

<https://www.myplate.gov/life-stages/kids>

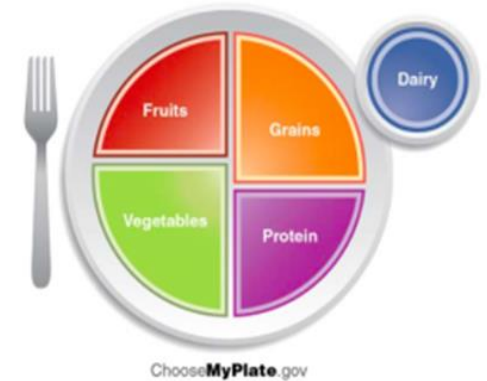
Fun Family Books

At school we enjoy reading books about healthy eating and trying new foods. We recommend all of these for our students at home libraries.

“The Two-Bite Club” by Adrienne Durrett.

“Gregory the Terrible Eater” by Mitchell Sharmat

“Good Enough to Eat; A Kid’s Guide to Food and Nutrition” by Lizzy Rockwell



MLC Family Minutes

A resource from our family to yours.



Use All Five Senses

Do not go just for the taste. Start with visual presentation of the food to create an interest, faces on pancakes, cupcake holders for veggies, cut items in triangles vs. squares. Use fun plates and special utensils. Encourage your child to touch and feel their food, talk about how it smells and all the colors on their plate.

15 is the Magical Number

Parents often see their child does not like something and then simply does not offer it again. Unlike adults, children are unsure how they feel about new foods the first few times and will avoid them if able. For a child to truly determine a like or dislike they must be offered a food 15 times or more.



Just Try It!

We have all had that moment where we are working our hardest to convince a child to try something new to eat. We know they will love it if they would only just try it. Yet the more we try it seems the more they resist. Here are some great suggestions on how to motivate picky eaters.

Let them help in the kitchen. Children love to cook. By letting them in the kitchen to help in preparing a meal, they will have a greater interest in eating what they helped make.

Limit what is new to a smaller portion. Sometimes the one thing you do not like is all you see. So, by making the new item smaller it is easier to accept and try.

Making food fun!

Water, Please.

Water should be the go-to beverage choice for children. This will help control their body temperature, reduce constipation, and prompt brain function. Sugary drinks such as juice and soft beverages including energy drinks, fruit flavored waters and sweet teas can cause dental decay, weight gain, and sleep loss.

Links to Learn More

Parents want to be as educated as possible on how to help their child grow, learn, and fully experience the world around them. We have found the following resources you might find helpful as parents.

<https://www.whattoexpect.com/toddler-nutrition/picky-eater-problems.aspx>

<https://happilyevermom.com/best-snacks-for-busy-moms-under-150-calories/>

<https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/get-kids-to-drink-water/>