

Kids in the Kitchen!

- Does your child refuse to eat specific foods or try new things? That's pretty normal, but it can be resolved with the right strategies. One effective approach is to **involve them in the meal preparation process!** Kids of every age can help you plan, shop, and cook. They may not try a new food right away, but keep them involved and soon your child will be eating new things!

Toddlers (1-3)

- Choose a new food to try while grocery shopping
- Wash fruits and vegetables
- Tear lettuce for a salad
- Put smoothie ingredients in a blender & turn blender on

Preschool (3-5)

- Choose a side dish for a meal
- Help grocery shop with their own grocery list (use pictures for children who don't yet read)
- Make sandwiches
- Set the table

School Age (5-10)

- Select a meal from two options that you present
- Assist with grocery shopping & choose a new food to try
- Measure & combine ingredients
- Cut soft fruits / Peel vegetables

Pre-teen & teens (11+)

- Plan a meal that includes a new food to try
- Make the grocery list
- Peel/chop vegetables
- Prepare the side dish
- Prepare an entire meal

