**Tips for Feeding “Picky” Eaters**

1. **BE A POSITIVE ROLE-MODEL**
   - Children are more likely to enjoy a variety of food if they see you doing it too
   - Enjoy family meals often

2. **CREATE A PLEASANT MEAL/SNACK ENVIRONMENT**
   - Set regular times for meals and/or snacks
   - Provide a pleasant and relaxing environment (engage in conversation, do not rush)
   - Remove distractions (TV, electronics or toys)

3. **GET CHILDREN INVOLVED**
   - Let children help with simple tasks like gardening, shopping, menu planning, simple cooking tasks and cleaning up afterwards
   - Preparing food gives children a feeling of accomplishment and encourages them to try new foods

4. **BE SURE CHILDREN ARE HUNGRY WHEN THEY COME TO THE TABLE**
   - Offer only small snacks halfway between meals and only water between meals and snacks
   - Incorporate physical activity into every day

5. **LET CHILDREN DECIDE IF AND HOW MUCH TO EAT FROM THE HEALTHY CHOICES YOU SERVE**
   - Children’s appetites will vary, depending on many things including growth, activity level, excitement and sickness
   - Trust that children know when they are hungry or full

6. **INTRODUCE NEW FOODS**
   - Children will not learn to eat a variety of food if you only serve them what they like to eat
     **Serve new foods:**
     - In small amounts, with familiar foods
     - When children are hungry and healthy
     - In different ways (such as carrots mashed, soft cooked or grated into muffins or meatloaf)
     - Do not try to hide or disguise vegetables or other ingredients. This can cause children not to trust you.

    **Never force children to try new foods.**
     - It can take 8-10 introductions (or more) before a child will try a new food
     - If a child refuses a food, don't give up. Try again next time
     - There may be some foods they truly do not like and that’s okay

7. **BE PATIENT!**
   - If you follow these tips, in time, children will learn to eat a variety of healthy foods
   - Patience can make mealtime less stressful and more enjoyable