



PICKY EATERS

A CITY HARVEST
FRUIT BOWL
PARENT EDUCATION
HANDOUT

Rather than trying to sneak new foods into your child's meals, EXPOSE them instead! Remember, it can take up to 50 exposures to a new food before it becomes an accepted part of his or her diet.

Even without tasting the new food, you can be successful at EXPOSURE if your child...

- helps select food at the supermarket (ask him/her to pick it out for you, test to see it feels/smells ripe)
- helps in preparation (ask them to help you cut it up/remove stems, stir it while it's cooking)
- sees the food out on the counter or at the dinner table
- sees role models (like you) enjoying healthy foods like fruits and vegetables

Quick Tips...

Eat together as a family as often as possible

Include two things on the table your children like will help you in order to avoid preparing a separate meal

Let your children choose what they want to eat on the table without forcing their decision

Tasting new food should be a positive experience in itself and should not be associated with rewards or punishment

Challenge...

Take a food your child may not like or refuses to try and incorporate it into four family meals during the week. Everyone else at the table should have the food on their plate but the child should not be forced to try it.