



- Allow kids to be part of the meal selection as well as preparation as much as possible
- Offer kids choices when you can. "Would you like cherries or grapes with your lunch"
- Make meals/snacks fun. Use cookie cutters to make fun shapes.
- Allow kids to play with their food! Kids love to dip so provide some ketchup, salad dressing or hummus and let kids dip their veggies.
- Try not to let little ones get too filled up on fluids in between meals. Eight ounces of milk in between meals can fill little bellies and make it harder for them to eat their meals.
- Make meal times a pleasant experience. The more emphasis you put on "cleaning your plate" the more kids will resist!