

# Fruits & Veggies – Every Day the Tasty Way



## Picky Eaters Can Pick Healthy Foods

**Kids can be picky eaters, especially when it comes to healthy fruits and veggies! Think you've tried everything? Don't give up! Try these suggestions:**

- The more kids are involved with the growing, purchasing and preparation of the foods they eat, the more apt they are to try new things.
  - Let your child(ren) grow some veggies on a patch of yard or in a few pots. Lettuces and radishes are usually easy to grow and make a good salad.
  - Visit a farmer's market or produce farm so kids can see fruits and veggies right out of the field! Farmers will let kids touch, smell and perhaps even taste test produce—it's a great sensory experience!
  - At the Farmer's market or grocery store let your child pick a new fruit or vegetable to try. Talk with produce staff about how to cook/prepare your child's choice.
  - Let your child join you in the kitchen to help prepare the fruit/veggie as a snack or with a meal.
  - Praise your child for their help finding and preparing this new fruit/veggie and encourage him/her to taste!
- Texture, temperature and smell can influence whether a child will try new food and new tastes.
  - Experiment with canned, frozen, raw, dried and juiced versions of fruits and veggies. Does your child turn their nose up at canned green beans? Try frozen cooked. Are cooked sweet potatoes taboo? Try raw slices. No interest in cherries? Try them dried.
  - Some kids enjoy frozen veggies and fruits more than cooked or fresh. Serve kids frozen peas, corn, grapes, bananas and berries, if they'll eat them!

**Realize that it may take 15-20 or more times trying a new food before a child will decide if they like it or not. Continue to expose your child to a variety of fruits and veggies and you may be delighted to find them asking for more servings soon!**

