

NO MORE PICKY EATERS

Are your children picky eaters? Do they constantly say “no” to new foods you serve them?



combine new foods with favorites

Does your child like macaroni and cheese but has never tried broccoli? Try putting shredded broccoli in your mac and cheese, and watch your kids eat it up.

make dinnertime fun

When bringing new foods to the dinner table that your kid isn't sure about, make it a challenge. Kids love competition, so see who can eat the most different colors of food.

be a good role model

If you don't want your children to be picky eaters, practice trying new foods too. Show your children that you love the foods they've never seen before, even if it is not your favorite. Your children will be more willing to try new foods too.



infant inspiration

Infants are too young to really have a choice in the food they eat, so it's up to you. If your baby isn't excited about eating their food, you have to up the excitement and fun of eating. You've heard of the airplane game, right?



toddler tales

Your toddler is learning about what flavors they like. And they love colors! So, combine the two and see if they are more willing to eat something if it's a color they like. Green for broccoli, and orange for carrots.



preschool power

Your preschooler is learning so much every day. And they want to be more grown up. Just like you. Ask them what their favorite foods are, and see if together you can come up with recipes that mix flavors they love with flavors they've never tried before.