



Kids involved with food selection and meal prep tend to be more adventurous, less picky eaters.

Raise Adventurous Eaters!

Information adapted from: "My Little Helper" by Cheryl Yarrington

Problem:

- Are you tired of doing all the food prep at meal time?
- Do you have a picky eater?
- Do your kids whine about what's for dinner?
- Is anyone eating their vegetables?
- Are family meals relaxed or stressful?

Answer:

Get the kids involved!



Age

Adventurous Eater Examples:

- <2 years** Watch food prep, explore foods by feeling and tasting; may help stir/pour with lots of help; may set microwave timer and grab food items from refrigerator with lots of help and direction
- 2-3 years** Help pick out foods at the store or farmers' market; rinse fruits and veggies; tear lettuce or bread into small pieces; crush crackers/cereal into crumbs; sprinkle cheese; arrange foods on baking sheet; stir, mix, or pour; spread peanut butter or hummus on bread or crackers
- 4-5 years** Cut soft foods with plastic knife or cookie cutters; shape meatballs or patties; set and clear table; squeeze juice from a lemon or lime; place things in the trash and help clean up



Make it fun!

- Teach colors: "Can you find the green vegetable?"
- Teach numbers: "Place 4 strawberries in the bowl."
- Teach new words: Talk about foods you are using.

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