

THE FIRST BITE CHALLENGE

KIDS + new tastes + competition + social media

Parents – ever find yourself struggling to get your child to take that first bite of something new? Well now you can have them take the “First Bite Challenge” and turn the experience into a FUN, social media activity!

Here’s how it works...

1. You or your child’s friend nominates your child to take the First Bite Challenge to try their very first bite of a nourishing new food.
2. Once accepted, your child is to take their first bite and describe the taste in **ONE** word.
3. Capture that ‘first bite’ in a short video and share on Youtube and other social media using these hashtags: **#FirstBiteChallenge**
#KidsFoodReboot.
4. Pass the challenge along and remember to tag the friends challenged!



Visit kidsfoodreboot.org for challenge rules and inspiration!

Share your tips and experiences on   using the hashtags [#kidsfoodreboot](https://twitter.com/kidsfoodreboot) [#firstbitechallenge](https://twitter.com/firstbitechallenge)
Visit our websites at www.kidsfoodreboot.org & www.familycookproductions.com for additional resources