

## 8 TIPS TO REBOOT FOODS AT HOME

As parents we all know how our kids can be picky eaters. Through the *Kids Food Reboot* campaign, we are reaching out to chefs and nutrition experts to set examples for parents and their kids to explore **healthful foods one bite at a time**. Everyone is afraid to make the first move beyond the ubiquitous 'kids food' – parents fear kids won't eat anything else and kids don't know enough about other options. We are here to confirm that kids will eat almost anything when introduced to them in a fun, no pressure environment that allows them to explore what tastes good! Utilize this campaign where we support you to **serve our children better**.

### 1 THINK VARIETY

Once a week serve or order something new for the whole family! Experiment with a new dish by deciding a cuisine for each week. Discover new spices to challenge your palate

### 2 AIM FOR COLOR

Try for three colors of fruits and vegetable at each meal. Don't miss out on the phytochemical each colors provide. Red for tomatoes, orange for sweet potatoes, and kale for dark-green vegetables.



### 3 DIVESIFY

Offer a new and different grain, fish, fruit, vegetable, and cheese for meals and snacks. Teach your family to expect the unexpected. Surprises are always fun!

### 4 MAKE IT FUN

Let kids shake the vinaigrette, sprinkle on seeds or raisins, dip into a sauce. At restaurants, request dressings and garnishes on the side on so your kids decide what they want to add.

### 5 SELL IT

Create a whimsical touch like a food marketer would – a little face out of raisins or blueberries for instance – to encourage kids to create their own fun food.



### 6 EXPLORE THE WORLD

View cookbooks or websites with festive international recipes; choose some to make at home. Try an ethnic restaurant. Kids are fascinated how kids, just like them, eat in other cultures.

### 7 DEMOCRATIZE!

Go round-robin each day with a different family member choosing the next meal. Start off with your kids choosing first.

### 8 TRUST THE PROCESS AND DON'T GIVE UP!

Don't force, just encourage. Assure your kids that while they may not like everything at first, their palates will naturally evolve and mature.