**TIPS ON INTRODUCING NEW FOODS TO YOUR PROGRAM**

**Fancy is fun!**
Present the foods in a new, exciting way!

**Provide familiarity**
Accompany the new food with other items that the students are already familiar with. Do they like granola and yogurt? Try swapping for a different type of yogurt or add a new fruit to the mix. Combining familiarity with variety can go a long way.

**Repeated exposure**
Science says that it can take up to 8-15 tries before a child likes a new food. Keep trying!

**Model healthy eating**
Eating with kids when offering new foods is very important. Try the new food alongside them and show them how much you enjoy it. Enthusiasm is contagious!

**Respect**
Remember not to force kids to try new foods. Show respect if they try a new food and don’t like it. It will make kids feel safe to try new things if they know they are allowed not to like what they try.

**Talk about it!**
Talk about this new food with kids. Explain where it comes from, how it grows and what other foods are similar.