

# 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.