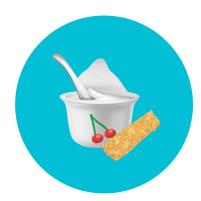


TIPS ON INTRODUCING NEW FOODS TO YOUR PROGRAM



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.