



FOUR QUICK HEALTHY SNACKS FOR PICKY EATERS!

The kitchen is a great place to form healthy habits. Picky eaters need 7 to 10 tries of what they say they don't like before they come around. If you make it fun for the children they might find out they actually like the new food!

Try these:

NIBBLE TRAY—Use an ice cube tray or a muffin tin and fill with things like apple moons (thinly sliced apples), banana wheels (sliced rounds), carrot swords (thin slices), egg canoes (hard-boiled wedges), Toasted Oats, and so on. Be sure and give the food cute names. Fill one or two of the spaces with yogurt for dipping.

GONE FISHING—Set carrot sticks, a dollop of cream cheese, and raisins or small fish crackers on a plate. Have the child dip the carrot in the cream cheese. Then use the carrot "fishing pole" with cheese "bait" to catch the raisin or fish.

SPICE GIRLS AND SPICE BOYS—Bring out the cinnamon and let the child sprinkle it on toast or apples. Try other spices on other foods like rosemary on chicken or dill on boiled eggs! Get creative!

SANDWICH ART—Spread sugar-free jam on whole-wheat toast and let child decorate with raisins for eyes and celery or carrot sticks for hair, red peppers for smiles and cherry tomatoes for red cheeks! Have fun!

Remember three healthy meals and two snacks a day is what we aim for every day.

