

Cafeteria Connection

Connecting you to your
child's school lunchroom



END THE FOOD FIGHTS: PICKY EATING SOLUTIONS



Picky eating can be one way that kids show their independence. Think about it: kids don't have control over much in their lives, so they use food as a form of power.

Picky eating can be a source of frustration for many parents, but don't despair! As foodservice professionals, we work hard to make sure students like our meals. Our menus are taste-tested with kids before they are added to the menu. Through years of testing and use, our menus have been perfected and **we have a few tips and suggestions to help please even the pickiest of eaters:**

MAKE FOODS MANAGEABLE

Kids may reject certain foods simply because they're a challenge to eat. **Slicing** apples and carrots can make all the difference if you have youngsters who are losing their baby teeth. **Peeling** fruits like oranges and bananas can also mean the difference between fruit getting eaten and fruit getting left behind.

GIVE NEW FOODS A TASTE TEST

When we add new items to our menus, we give students a chance to taste test. ***It's completely normal for kids to dislike foods they have never tried before.*** Liking new foods takes time and exposure. When trying a new recipe, offer a small sample to taste. We suggest only offering one new food at a time – too many new foods can be overwhelming.

CONSIDER COLOR

A colorful mix of foods on a tray or a plate is so ***much more appealing*** than foods that are all one color. We find that fruits and vegetables are an easy way to add more color. Try a variety of fresh, frozen, canned, or dried options to bring a rainbow of color to mealtimes.

BE A ROLE MODEL

Kids learn from watching you, so ***show them that you enjoy different foods.***

