

ENCOURAGE CHILDREN TO TRY NEW FOODS



Involve
children in
cooking.



Read books
about different
foods.



Role model
healthy
eating.



Offer different
healthy food
options. Think about
dietary, health or
cultural needs.

Share food
activities and
menus with
families regularly.



Start a garden
where children can
plant, grow and
pick herbs, fruit
and vegetables.



Include
families in meal
planning.

