

QUICK FACTS:

- ❖ Kids love food on a stick. Just make sure you monitor them to avoid accidents!
- ❖ Foods with fat, fiber & protein take longer for the stomach to digest than those foods that are high in carbohydrates. So, try to incorporate fat, fiber & protein into every meal.
- ❖ An interesting lunch container may spark your child's curiosity about what's inside.
- ❖ Don't try something new on your child for lunch. If they don't eat it, they won't have much energy on board to learn in the afternoon.
- ❖ If you make a sandwich on frozen bread in the morning, it will help the sandwich stay cold until your child eats it at lunch time.
- ❖ By cutting a sandwich up into smaller, more interesting pieces, your child may actually eat more of it than if you just cut it in two.
- ❖ Although sales of whole wheat bread have now surpassed its less nutritious white bread counterpart, it's still a hard sell to some children. Start by making a 'mismatched' sandwich. One slice of whole wheat & one slice of white. Then cut the sandwich into long 'fingers' and flip every other one.
- ❖ Children need to be exposed to a new food anywhere from 10 to 20 times before they'll decide if they like it or not. Use lunch as one of those times.
- ❖ ALWAYS have your child bring the food home that's not eaten. (And, do NOT scold them for not eating it.) This gives you an idea of 1.)how hungry they were that day, 2.)whether or not they liked what you sent, 3.)why they may be famished when they get home!
- ❖ Use hummus as a spread, instead of mayonnaise. It's got the magic three of fat, fiber & protein.
- ❖ Children have more taste buds than we do. Ours have died off as we've gotten older. So **that's** why Brussels' Sprouts taste even more bitter to them. Try to be understanding.