

Pick a better snack™

# FAMILY NEWSLETTER



## Feeding Picky Eaters

Many families have a picky eater, which can make mealtimes a struggle! However, it's still important to serve your family a variety of foods to help them get the nutrients they need to fully develop and thrive.

But how do you get your picky eater to try something new? Here are some ideas:

- ◆ Ask your child to help in meal prep! This will create excitement in the meal, and they will be more willing to try it.
- ◆ Make fun shapes out of your food or create things like smiley faces with condiments.
- ◆ Start with a small helping of the food they don't want to eat.
- ◆ Model good behaviors. Your child does follow what they see.
- ◆ Don't give up after one attempt with a new food.



Stay positive with your picky eater during this process. It will help to create a safer environment to try new things.

# Fuel your fun.

Eat fruits and veggies.



## Do It Together!

Fitting in time for physical activity doesn't have to feel like a chore! Exercising with a friend or family member makes movement fun! Find an "exercise buddy" to do an at home activity. Lots of ideas are available at [www.hy-veekidsfit.com/at-home/what-is-hy-vee-kidsfit-at-home/](http://www.hy-veekidsfit.com/at-home/what-is-hy-vee-kidsfit-at-home/).



## How to Prepare Broccoli and Cauliflower

**Wash:** Rinse cauliflower or broccoli under running water. Don't use soap.

**Cut:** Remove the cauliflower leaves and cut away the large stem. Cut off the florets into bite-size pieces. Broccoli is similar. Cut off the stem and florets. The stem can be peeled and cut into bite-size pieces too.

**Refrigerate:** Store what you don't eat in the refrigerator for 3-5 days.



These tips are adapted from Iowa State University's Spend Smart. Eat Smart.®

## We Can Help

Good food is important for the health and well-being of your family. Sometimes it can be hard to buy the foods you want your family to eat. Many resources exist to help children and families eat well. The We Can Help brochure lists food and nutrition resources—like recipes, school meals, summer meals, and nutrition apps. Check it out: [www.idph.iowa.gov/inn/nutrition-assistance-programs](http://www.idph.iowa.gov/inn/nutrition-assistance-programs).



<http://www.idph.iowa.gov/inn/pick-a-better-snack>

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