Get Involved in the Kitchen!
Have your toddler help you prepare meals:
- Encourage them to name and count food
- Let them help rinse vegetables, scoop, mash, and measure ingredients,
- And imitate cooking with plastic bowls and toddler spoons!

Is Your Toddler a Picky Eater?
- Stick to your regular feeding schedule! Continue to serve 3 healthy meals and 2-3 snacks around the same time each day
- If you are serving a new food, serve it with one of their old favorites
- It can take 8-15 exposures of a new food before your child likes it...so don’t give up!

Plan Healthy Snacks
Plan snacks to make it easier! Some healthy and fun examples:
- Homemade fruit smoothies (add in hidden veggies, like spinach)
- Cut up fruit (canned or frozen are great, too!)
- Cheese, hard boiled eggs, and nut butters are good sources of protein
- Graham crackers, Cheerios, and whole-grain crackers add a crunch and fiber

Plan Healthy Meals
Easy and healthy meals that are toddler approved are a must! Try:
- Cheese quesadillas on a whole-wheat tortilla (try sneaking in some spinach)
- Try adding vegetables, like peas, to pasta your child already loves
- Tortilla roll ups with deli meat and cheese OR with bananas and nut butter
- Quick pizzas: whole-wheat English muffins, pizza sauce, cheese, and their favorite toppings

Get Outside and Exercise
Now is perfect to spend extra time playing with your child and getting exercise, especially if the weather is nice!
- Play hopscotch, jump rope, ride bikes, or kick a ball!