

Nibble With Willow

Early Childhood Hands-On Nutrition Education



Magical World of Willow

Join the progressive pre-school educators who have embarked on Nibble with Willow! This rewarding and exciting curriculum introduces a wide range of fruits and vegetables to children in your classroom! Willow makes seasonal produce familiar and appealing to children, while providing easy recipes for parents to cook and serve it at home. **The key to success for children to accept new and unfamiliar foods is repeated exposure and hands-on exploration by touching, smelling, and tasting.**

Willow uses the engaging art of puppetry to capture children's attention in a gentle, authentic way. Our mascot, Willow, is a sweet and at times, shy, bunny hand puppet. She has a gentle, encouraging personality and is never forceful or pushy. Willow lives in a magical 'garden' worn as an apron. When Willow interacts with her garden and the children, an array of lovely hand-crafted, three-dimensional fruits, vegetables and weather icons pop out of her garden and cloud pockets to surprise and reinforce children with an element of surprise and visually



"My children insisted my husband buy kale at the store so they could make 'bunny salad' – we've eaten it three times in a couple weeks!"

What Does Willow's Garden Grow?



"The children absolutely love Willow, she makes all the new foods exciting – not scary"



Tactile Exploration

Using all their senses with a large magnifying glass to explore the properties of whole fruits and vegetables helps children to connect to Willow's garden and become familiar with new foods. As they inspect each hard and hairy root vegetable, each slippery and shiny purple plum, or bumpy and colorful winter squash, they learn food comes in many colors, shapes and textures and are more comfortable to taste them.

Connecting to Children Through Play

At this early stage of development, everything is learned through playful exploration with the world around them. Willow plays with the children, asking questions about their food experiences and sharing her favorite recipe. She becomes a familiar playmate who invites their participation to try delicious new foods.



Colorful, Appealing Presentation

At each session, children are attracted to Willow's garden apron, as well as the vibrant fresh foods on brightly colored plates. Their enthusiasm is also triggered by the colorful monthly posters, which depict how the foods they are exploring grow on a farm or garden. These tools connect children to the part of the plant they are eating, how it grows and how it looks at the store.

Engages Children's Imagination

The magical world of Willow and her garden provide a playful focus for young children to imagine Willow's daily life and consider what it would be like to grow their own food. From there, the hands-on familiarity and preparation of a simple recipe encourage children through all their senses. They become eager to taste and try the simple recipes and foods provided each lesson. Soon they 'nibble' each week with pleasure and excitement!



To bring Willow to your community, call 212-867-3929 or email us at info@familycookproductions.com and include "Willow" in the subject line.