

3 EASY WAYS TO GROW ADVENTUROUS EATERS



SEE, SMELL, TOUCH

Give your kids the freedom to help you select produce at the supermarket. Ask them to comment on the texture, shape, and smell them. Ask them if Willow would eat it? How do they know? Is it something they saw painted on her garden apron?



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EXPLORE IN THE KITCHEN

When it's time to prepare meals—offer your child to stand next to you on a step stool at the counter. Give them a table knife and a slice of the veggies or fruit. Then ask them to help you cut them up.

EAT TOGETHER AS A FAMILY

When it comes to eating meals, sit down together as a family. Try to make one type of meal for everyone to enjoy together. Children like to do what their parents do—without pressure.

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BRING OUR FUN WILLOW FOOD IDEAS HOME TO YOUR KITCHEN AND MEAL TIMES!