

Tired of dealing with kids who hate everything on their plates?

This pamphlet offers some helpful tips for dealing with those picky eaters.

Try some of these tips out, then come into the library for recipe and parenting books, or search our Internet computers for more helpful advice.

Mengle Memorial Library
324 Main Street
Brockway, PA 15824
814-265-8245
menglelibrary.org

Library hours are:
Monday through Thursday ~ 10-7
Friday and Saturday ~ 10-5
(Summer Saturday hours ~ 10-2)

The Mengle Memorial Library has received grant funding to become a Family Place Library! This project is made possible by a grant from the Institute of Museum & Library Services as administered by the Pennsylvania Department of Education through the Office of Commonwealth Libraries, & the Commonwealth of Pennsylvania, Tom Corbett, Governor.

Picky Eaters

1-2-3 Grow with Me



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“Eew, I’m not eating that. It looks funny, and it smells stinky.”

Have you ever heard these words or something like them after working hard to put a good meal on the table for your little darling? Few things are as frustrating as dealing with a child who hates every food ever made (with the exception of chicken nuggets and chocolate chip cookies). Here are a few tips that should help you keep your sanity and get your child to at least eat some new foods.

1. Remember young children have small stomachs. A few bites may fill them up.
2. Don’t prepare separate meals for your picky eater. Offer them what everyone else at the table is eating and tell them to try a few bites. If they know there is nothing else available to eat, they are more likely to eat what is offered.
3. Only buy the foods you want your child to eat. They can’t drink soda if there isn’t any in the house.
4. Keep healthy snacks available. Foods like vegetables with dip, peanut butter or cheese and crackers, yogurt, and canned or fresh fruit make good, easy to prepare snacks.
5. Mix healthy foods into food they already like. Try mixing berries or applesauce into pancake batter, or chopped or shredded vegetables into spaghetti sauce.
6. Be patient. It can take as many as a dozen tries to get your child to eat a new food. If they refuse something, just offer it again next time you prepare it.
7. When introducing a new food, serve it along with a dish you know your child will eat. Just ask that they try one or two bites of the new food.
8. Let your child help plan the menu. They can also help prepare the meal by doing simple tasks like stirring and mixing. It’s harder to complain about food you helped prepare.
9. Make mealtime pleasant and relaxing. Begin the meal by having everyone discuss something about their day. Eat together as a family whenever possible.
10. It’s okay to eat dessert and junk food sometimes. Just remember that it’s not a healthy substitute for a nutritious balanced meal.