



# FAMILY NEWSLETTER

One of the goals of Grow It, Try It, Like It! is to encourage children to like and try new and different foods. These are some of the strategies we utilize in the program that may also be beneficial at home!

## Growing Great Tasters: Strategies for Food Tasting

- **Prepare to grow:** involve the children and all their senses in exploring the fruit or vegetable first.
- **Sow Seeds of Success:** Teach the children the guidelines for polite food tasting. Never force a child to eat a food.
- **Seed and Re-seed:** Plan to offer the food many different times. Studies show children need to be offered a food up to five times before they will taste it. It may then need to be offered more than a dozen times before the child will choose to eat it at a meal.
- **Start in Fertile Ground:** Offer new foods first to children willing to try new things. Watching a peer eat a food can help the most reluctant eater bud into a food taster.
- **Be Still, Little Seed:** For safety's sake, have the children eat while seated, not walking around. Moving while eating can increase the risk of choking.
- **Offer Bites, Not Bushels:** Offer small tastes of food at first. A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Portions need to be small enough for small mouths and large enough that a child must chew the food. It is safer to have a piece that cannot be swallowed whole.
- **Know the Growing Season:** Fresh fruits and vegetables in season usually taste best and are less expensive. Produce may be available year-round; peak flavor and value frequently coincide with the growing season. Frozen or canned foods offer an option for fruits and vegetables out of season. These options are also great choices for comparing to fresh.

The USDA is an equal opportunity provider.