

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Encouraging New Foods for Picky Eaters

Summertime is just around the corner, which means more fresh fruits and vegetables are about to be in season. While fruits and vegetables can add excitement and nutrients to our meals, sometimes they become a battleground when it comes to picky eaters. Picky eaters come in all ages, but are especially common with preschoolers. At this age, children are learning to show their independence, which sometimes comes out in their food choices. As a parent, this can be frustrating, but these tips can help!

- Let children pick out fruits and vegetables at the store
- Invite children to cook with you and be involved in menu planning
- Offer choices of fruits and vegetables
- Serve the same food to everyone at the table
- Offer one new food at a time, usually at the beginning of the meal, but don't let food become an argument at the table-keep mealtime calm and enjoyable

- Be a good role model- love your fruits and vegetables!
- Try, try again- it can take children 10-20 tries before they love a food
- Let children pick out their own seeds to grow in a small garden

When it comes to fitting in fruits and vegetables, sometimes sneaking them in is easiest- and it's delicious! Try adding:

- Kale, spinach, avocado, or butternut squash to smoothies
- Grated veggies to pasta sauce
- Chopped veggies to ground meat
- Blended veggies to soups
- Cauliflower to mashed potatoes
- Blended spinach or carrots to muffins
- Pumpkin, butternut squash, or blended spinach to pancakes

Source: <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-picky-eating>



Banana Chips

Ingredients

- 4 bananas
- 4 Tablespoons orange juice

Directions

1. Wash your hands with warm, soapy water
2. Peel and slice banana thinly. Dip each slice lightly in orange juice.
3. Lay bananas on baking sheet and bake at 250°F for 15-20 minutes, or until crisp.

Makes 4 servings

A New Resource for You!

Interested in gardening, but aren't quite sure how to get started? Wondering if it is too late to plant or how to grow the best tomatoes? CNP and the University of Wyoming Extension are teaming up to answer these questions and more in a new Gardening 101 e-newsletter to help new gardeners get started. Subscribe by clicking the button below and emailing us your preferred email address. We'll take care of the rest!



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Join the Cent\$ible Nutrition Program!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Visit <https://uwyo.cnpr.org/join-us/> to find out if you qualify.

Due to Coronavirus, we are now offering our classes online! Find out more at: <https://uwyo.cnpr.org/cnp-online-classes/>.

Questions? Comments? Contact us!

Main Office (UW), 307-766-5375

Albany, 307-721-2571

Big Horn, 307-568-4160

Campbell, 307-682-7281

Carbon, 307-721-2571

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