



5-2-1-Almost None



Make Snack Time Fun!

“Stop playing with your food!” Sound familiar? “Playing with food” is how we, especially as children, become more familiar with food and more likely to try new foods.

If your child is a picky eater, letting them explore (or “play”) with new foods, fruits, or vegetables may help them be more open to trying new foods.

Get your child to use their sense of touch, sight, smell, and taste by having a snack time activity. This activity allows your child to “get to know” different fruits and vegetables as well as their different textures, colors, smells, and flavors.

At the next snack time, make it a project. Ask your child to create a sculpture using familiar foods and new foods. Cut fruits and vegetables into different shapes to add to a slice of whole wheat bread and secure with low-fat cream cheese for your child to make a creature.

Use a tightly packed scoop of brown or white or mix rice as the base of the sculpture to add vegetable shapes and watch your child’s creativity take off. Get creative with your ingredients!

Before you know it, you’re picky-eater will be creating their own snacks and using recipes on our Facebook page!

Here are a few fun recipes to try:

- Smart Pizza Bites
- Peanut Butter Energy Bites
- Smart Cones

Learn More



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