



Tips for Offering New Foods

1. Cook together. Eat together. Talk together. Make mealtime a family time. Enjoy talking together without the television on.
2. Let your little ones select which foods to put on their plates and how much to eat from the healthy choices you provide.
3. Serve foods in new and different ways.
4. Offer only one new food at a time. Try a new food when your child is a little hungry.
5. Let them learn by serving themselves. Teach them to take small amounts at first. Assure them they can get more if they're still hungry.
6. Teach by example. Have your child see you eating a variety of healthy foods.
7. Make meals and memories together. It's a lesson they'll use for life!

Today your child was offered new foods to taste.

- Kids don't always take to new foods right away. Let your child explore food by talking about the color, feel, smell, and taste of new foods.
- Offer new fruits and vegetables many times, served a variety of ways.
- Patience works better than pressure. Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy new foods when eating them is their own choice.

Lentil Sauce

Makes: 6 cups

Serves: 6 (1 cup serving)

Ingredients

2 cups water
 1 cup lentils, uncooked
 1 medium onion, finely chopped
 1 (28 ounce) can crushed tomatoes
 1 (8 ounce) can tomato sauce
 1 clove garlic minced or 1/8 teaspoon garlic powder
 1/2 teaspoon oregano (optional)

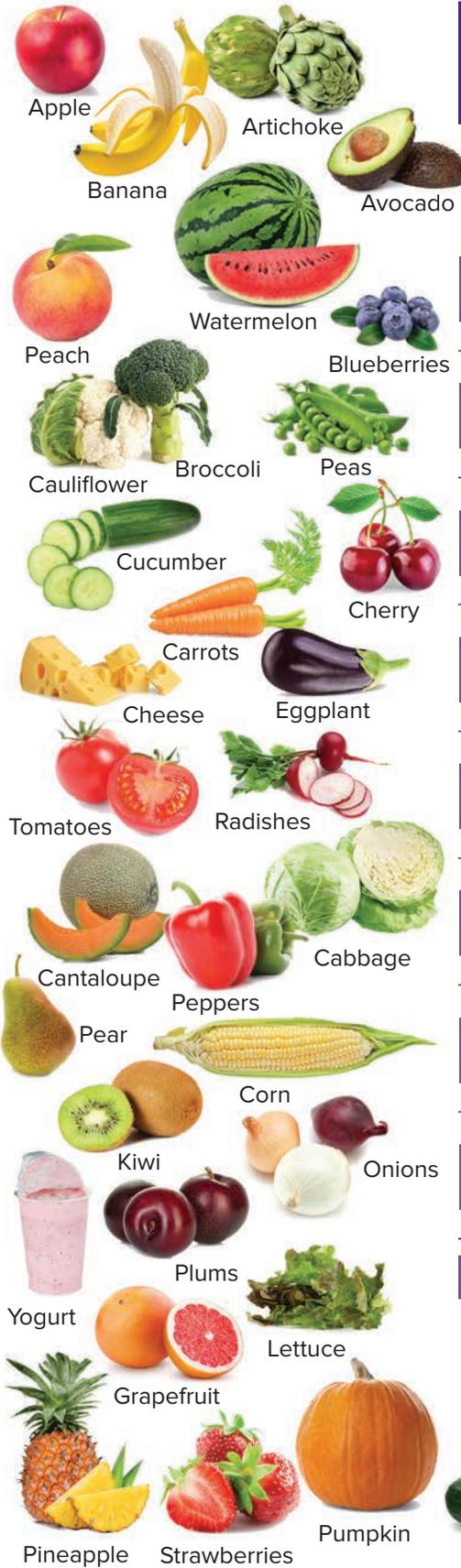
Steps

1. **Rinse** the lentils. **Drain** in a strainer. Pick out any stones.
2. **Measure** ingredients.
3. In a medium pot add onions, lentils, and water.
4. Bring to a boil. Reduce heat to low and simmer.
5. Cook until tender, about 30 minutes. Add more water if needed to keep the lentils just barely covered.
6. Add remaining ingredients and simmer for 20-30 minutes.
7. Serve over rice, spaghetti squash or pasta.
8. **Enjoy!**

Have your child help you do the bold steps.

Recipe adapted from Just Say Yes to Fruits and Vegetables/Lentil Spaghetti Sauce. Reprinted with permission.

I Tried It!



New Food I Tried

Stars



1	
2	
3	
4	
5	
6	
7	
8	

Directions

Post this chart on your refrigerator. Write the name of each new food your child tries in the first column of the chart. Help your child put a star sticker (or draw a star) in the second column each time he or she tries that food.

Adapted from Nibbles for Health.

Eat Well Play Hard in Child Care Settings



Department of Health

Child and Adult Care Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.