

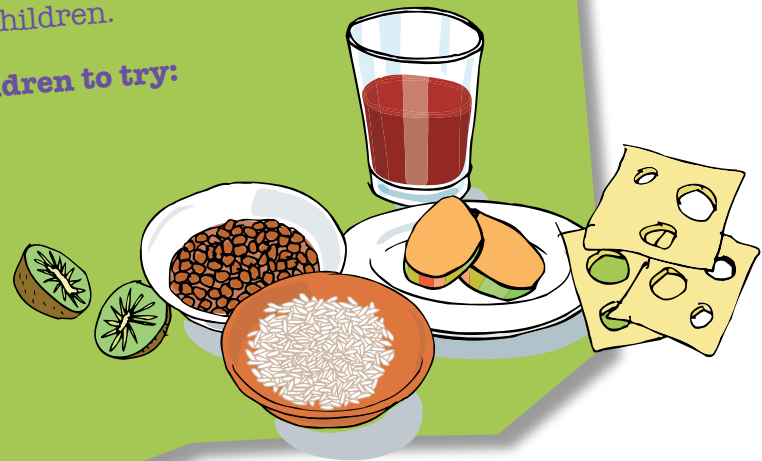
A Note from Sharon

Sometimes it's a struggle to get kids to try new foods! They seem to like to stick with a few favorites: peanut butter and jelly, chicken nuggets, French fries, and juice. I know that they need more variety in their diets, so I've decided that we should make it fun to try new foods. When I'm at the grocery store, I often let each child select one new fruit or vegetable to try. At home we prepare the food together and I'm sure to give them lots of praise for their good work. We don't have space for a garden, but an older relative has one and my kids find it fascinating to pull things out of the ground that they can eat at the next meal. We've also gone on trips to the farmer's market and talked to the farmers about how they grow their crops. And I'm going to try growing herbs in little pots by my kitchen window. I think that my kids will enjoy picking and eating them.

I made a list of some foods that I thought my children might like to try and we talked about them. Each child got to select one new food and if they tried two bites, I gave them a Two Bite Club Certificate. You might like to do the same thing for your children.

Here is my list of new foods for my children to try:

Kiwi	Flounder
Dried cranberries	Asparagus
Beets	Black beans
Tomato juice	Acorn squash
Swiss cheese	Tofu
Brown rice	Mango
	Kidney beans



Congratulations!

has tried two bites of a new food
and is a member of the

Two Bite Club

Signature of parent

