



Raise HEALTHY EATERS

ADULT decides:

- what foods to offer
- when to offer meals and snacks
- where children eat

Trust CHILDREN to decide:

- how much to eat
- whether to eat at all

Be patient. Do not pressure children to eat more or less of any food. It can take up to 10 times before a child tries a food and likes it.

Be a positive role model. Enjoy the same foods with children.

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