Offer First & Last
Serve or pass around fruits and veggies first and again at the end of mealtimes.

Provide Fun Names
Give fruits & veggies fun names like Monster Mashed Potatoes or Pirate’s Pick Golden Corn.

Provide Stickers
Provide stickers to kids who try the fruits and vegetables offered at mealtime.

Lead an Activity
Lead a nutrition or art activity that allows kids to play with fruits or veggies before trying them.

Do a Taste Test
Let kids try small samples of new fruits and veggies outside of mealtime.