



Tips for Picky Eaters

Your child is 3! They are growing smarter and stronger every day. They continue to explore and learn what they like and don't like – especially with food. Picky eating is often normal at this age. Below are tips to help you and your child find ways to address picky eating.



Involve kids in grocery store and farmers market trips.

- » Create a shopping list together.
- » Let your child pick which fruits and vegetables to make for meals.
- » Talk about the names, colors, and shapes of healthy food. (e.g. How do red apples grow?)



Share meals together as a family.

- » Serve one meal for the whole family. Resist the urge to make another meal if your child refuses to eat what you've served.
- » Include at least one food your child likes along with new food. Continue to provide a balanced meal.
- » Turn off the TV or cell phones at mealtime.
- » You may need to offer new foods many times before they like it. This is normal.
- » Talk about the names of foods, their shapes, colors, and taste. (e.g. Does this fruit taste sweet or sour?)

Involve kids in cooking.

They can:

- » Rinse fruits and vegetables
- » Stir ingredients together
- » Tear lettuce for salad
- » Spread peanut butter on bread or beans on tortillas
- » Talk about cooking
- » Put things on the table
- » Put things in the trash

Your child will feel good helping you. They'll probably eat better, too!



Make sure to wash hands before helping.

Trust your child to eat the right amount.

- » You decide what healthy foods to offer. Let your child decide which of these foods to eat, and how much to eat.
- » Their stomach is still little. Start with small servings of each food. Let them ask for more.
- » Don't worry if they don't eat a meal or snack. They'll eat more on some days than others. Don't beg them to eat or fix other foods for them.
- » They change their mind a lot. They may like a food one day and not the next. They'll learn to like most foods.



Kids can be on WIC until age 5!

WIC is a nutrition program to improve the health of people who are pregnant or recently pregnant, infants and children under age five. Parents or guardians can apply for their child.

WIC provides:

- » Monthly benefits to buy healthy food
- » Nutrition education
- » Health screenings
- » Breastfeeding support
- » Referrals to other health and social services

WIC is easy to use!

Shop with the WIC card at the grocery store and farmers markets. Use the WICshopper App to find WIC-approved foods. Conveniently meet with WIC staff in-person or remotely.

See if you qualify:

- » Call 1-800-322-2588.
- » Find a local WIC clinic at doh.wa.gov/FindWIC and make an appointment.
- » Visit doh.wa.gov/WICRefer and complete a WIC Interest Form.

WIC helps to improve children's diets and also get them ready for school! Kids on WIC show improved learning development.

This information is available on our website in these languages: English, Spanish, Vietnamese, Ukrainian, Somali, Korean, Tagalog, Arabic, Punjabi, Chinese, Khmer, Russian: doh.wa.gov/you-and-your-family/watch-me-grow-washington/printed-materials-listed-mailing



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