

Family Nutrition Newsletter

June 2022



Introduce Healthy Foods with Books

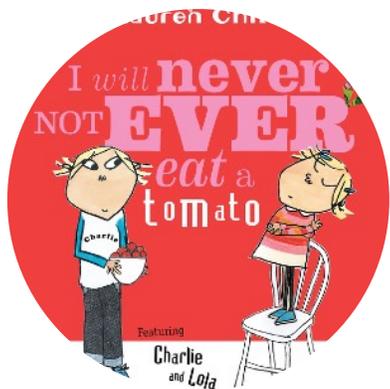
Books can be a great way to introduce young children to new foods and even explore trying new foods! **Books offer a low stress way to expose young children to a variety of healthy foods and behaviors.**

By removing the pressure to eat, books allow children time to learn about and become comfortable with new foods before exposing them at the dinner table.

This increase in comfort will lead to willingness to try new foods, less picky eating behavior, and ultimately you may see in an increase consumption!



Here are a few of our favorite books about healthy foods and behaviors:



I WILL NEVER NOT EVER EAT A TOMATO

By Lauren Child

Big brother Charlie has to get creative to convince little sister Lola to try new foods, especially vegetables!



RAH, RAH, RADISHES!

By April Pulley Sayre

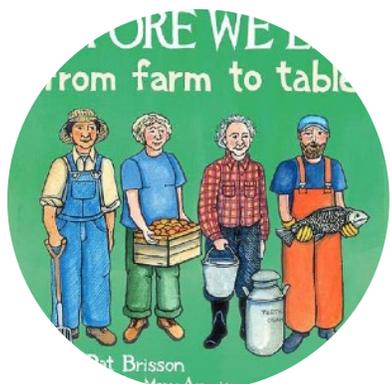
As parents and caregivers read through this silly, fun chant, children are visually exposed to real images of a variety of different vegetables.



MUNCHA! MUNCHA! MUNCHA!

By Candace Fleming

Mr. McGreely is always trying to save his vegetables from bunnies who only want to muncha muncha muncha on these delicious healthy foods!



BEFORE WE EAT: FROM FARM TO TABLE

By Pat Brisson & Mary Azarian

Knowing where our food comes from is a very important part of nutrition education. This sweet book helps children understand how our foods make it from the farms all the way to the dinner table.

Visit www.villagetable.com for an even bigger list of our favorite books!