

FEEDING PICKY EATERS

- **GET THEM INVOLVED** - Have them help you plan, shop and cook.
- **PLANT A GARDEN** - Often they will be more willing to eat something that they've helped to grow.
- **GIVE THEM CHOICES** - Have a baked potato bar with a variety of toppings. Make foil packets with choices of proteins, veggies, toppings, etc. Grill or bake. Pasta Salad (recipe follows)

PASTA SALAD

Fun-shaped pasta

Variety of veggies - peas, broccoli, carrots, olives, tomatoes, cucumbers, etc.

Cheese - cubed or use cookie cutter to cut slices

Meat - pepperoni, ham, etc. cubed or cookie cutter shapes

Dressing - Italian, ranch, etc.

Fill individual bowls with pasta, have everyone add their favorite toppings. Enjoy!