

Stace's FAMILY MEAL PLAN

Real Food. Real Easy.



Fussy eaters... Have you got one or more in your home? Me too!

Here are some of my tips for fussy eaters for you to try:

- 1. Cutting vegetables into different shapes.** My eldest babe just wouldn't eat sweet potato (along with green beans, raw carrots, tomatoes... you get the drift) but one night I cut the sweet potato into rings/circles (um, so easy!) and when I was serving them up he shrieked, "Yum Mumma, pancakes". Perfect. As you can imagine, we now have sweet potato "pancakes" all the time. This technique also works great with potato, carrots and other root vegetables. I just call them big or small pancakes.
- 2. Mesh together their favourite activity and food.** My 2-year old loves diggers. It warms my heart to no end – I just love that he loves them. One day he was watching me scoop the avocado out of the skin and said, "Mumma digging. Mumma's a digger". So I asked him, "Do you want to be a digger too?" Yep, he loved it and still does. He now regularly eats half an avocado just like this for a snack – winner! This idea could work with a whole host of different things kids love. Have a brainstorm with your partner and see what might work for your fussy kid/s.
- 3. Show them a favourite animal and what they eat.** We have a cute little possum that lives in a tree outside our house. The babe has nicknamed him "pom-poss" because he can't say possum. CAH-UTE! We often watch him just before bed eating the leaves off the tree. One night my genius of a husband shared the connection of broccoli being like 'little trees' and maybe the babe could be like his beloved pom-poss. Ta-da. It worked. He's eating his broccoli and telling us all he's a pom-poss. Now we're slowly moving onto cauliflower with this same thought, telling him that it's trees with snow on top. It's worked a few times (not every time) but hey, it's a start, right?
- 4. Know that you're not the only one in this boat!** I know how frustrating/tiring/saddening it can be when you put in so much effort and the babes just won't eat the food you know is good for them. So, I hope these ideas help you and renew some energy that may have disappeared over meal times. Rest assured that everyone has or will be in this exact same spot.

*For more tips, tricks and support to make this the year your babes start eating more veggies, check out my **family meal planning course** and get dinnertime sorted.*