

5 Summer-Friendly Tips for Picky Eaters

Autism-inclusive strategies to keep mealtime light, fun, and full of possibilities.



1 Make It Fun

Turn meals into play!

Use colorful plates, playful utensils, and silly food themes like *rainbow lunches* or *build-your-own snacks*.



2 Introduce Foods Gradually

Start with familiar textures or colors

Offer tiny portions, just enough to explore. One new food at a time, repeated often. (Yes, even 10+ times!)



3 Celebrate Tries, Not Just Bites

Reward effort with praise, stickers, or extra playtime.



5 Know When to Ask for Help

If eating is stressful every day, it's okay to ask your ABA team for a plan. And don't forget: hydration matters even more in summer! 💧



4 Keep a Routine

Regular mealtimes = less anxiety

Try eating together when possible; kids copy what they see. Keep screens off to help with focus.



Progress takes patience, play, and partnership.

Need support? **Message us**, we're here to help!

Together, we make it better! ✨

@superkidsaba