

Thanksgiving Tips

For Picky Eaters

1 Familiar Favorites
Include a dish your child loves.

4 Make It Fun
Present meals with **bright colors** and **fun shapes!**

2 Get Them Involved
Let your little one help with meal prep!

5 Find "Food Bridges"
Choose dishes that share **colors, flavors, or textures** with favorites.

3 Pre-Thanksgiving Tasting
Sample dishes beforehand to ease anxiety.

6 Stress-Free Mealtime
Create a **relaxed atmosphere** to encourage trying new foods.

Need support this Thanksgiving?

We're here to help!

Contact us for personalized advice.



Together, we make it better!



@superkidsaba