



# Bite-Sized Wins Playbook

**Getting children try new foods doesn't have to be a big battle! Try these strategies to make mealtime a fun and positive experience, one bite at a time!**

## Taste the Rainbow Challenge

Encourage kids to try foods based on colors rather than types. For example:

- "Can you find something red on your plate?"
- "Let's make a meal with five colors today!"

This gamifies mealtime and helps children explore new foods without pressure!



## The Tiny Taste Test

Instead of insisting children eat a full portion, offer micro-samples (e.g., a single pea, a pinky-nail-sized bite of avocado). This removes pressure and helps children explore flavors in a low-stakes way.



## Reverse Meal Prep

Instead of parents making all the food choices, let kids "prepare" a simple meal for you using pre-chopped or easy-to-assemble ingredients. When they have control, they're more likely to eat what they make.



## "Remix It"

Showcase how familiar foods can be transformed into something new:

- Chicken nuggets → Chicken wraps
- Mashed sweet potatoes → Sweet potato pancakes
- Carrot sticks → Carrot muffins

This helps kids connect with flavors they already enjoy in new ways.

## The Predictable Plate Strategy

For kids who resist new foods, keep one safe food on their plate (something they always eat) while adding one small new food. No pressure, just exposure.



## The Storytelling Method

Turn mealtime into an interactive story:

- “This broccoli gives you superhero strength!”
- “Carrots help you see in the dark like a ninja.”
- “These blueberries are tiny power-ups for your brain.”



## Dinnertime DJ

Let your child be the “DJ” of dinner—they can choose the background music, set the table, or pick the order of foods served. Giving them a fun role at mealtime helps build positive associations and makes them feel more in control, which can reduce resistance to new foods.



## Two Truths and a Food

Play a quick mealtime game: share two fun facts and a silly statement about a food on their plate. Example:

- “Carrots grow underground.”
- “Carrots help your eyes.”
- “Carrots can fly airplanes!”

Let your child guess which one is the silly one. It sparks curiosity and makes trying new foods fun.

## Looking for more tips?

Looking for more tips for different ages? Check out our TikTok video, “You Don’t Have To Go To War Over Broccoli”! You can also get support through our Help Me Grow Home Visiting and Triple P programs (available in select counties in central Ohio).

Visit [actionforchildren.org/connect](https://www.actionforchildren.org/connect) to get started!