Picky eating is common for toddlers. Your child may only eat certain types of foods or just want to play at the table and not eat. As long as they are growing and have plenty of energy, they are most likely eating enough. Here are some tips to deal with picky eating in a positive way.

- **Keep mealtimes pleasant!** Keep the conversation happy and don’t talk about picky eating at the dinner table.
- **Let them see you enjoying healthy foods,** you are their biggest role models.
- **Offer choices,** “Do you want broccoli or cauliflower for dinner.” But don’t be a short order cook. Offer the same food for the whole family.
- **Let them be involved in the meal.** They can help pick produce at the store, wash vegetables with you, or set the table. Name a food they helped you create. “Marias salad.” “Peter’s sweet potatoes.”
- **Start with small portions.** Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
- **They may not be hungry.** Kids may seem picky or may only eat a small amount because they are simply not hungry at meal times. Drinking sweet drinks or too much milk throughout the day can spoil their appetite. Try offering healthy choices again at the next meal or snack.
- **Limit the amount of junk food in the house.** “Out of sight out of mind”
- **Snack times are another chance to get healthy foods in.** Try to include 2 food groups at snacks: fruits, vegetables, dairy, protein, or whole grains.
- **Remember, sometimes new foods just take time.** Your job is to provide healthy foods, but let them decide how much of it they eat.

“Although the weather is colder and the days are shorter, try to make time for outdoor play!”

This institution is an equal opportunity provider.
**Fun Eats With Families!**

Join Cornell Cooperative Extension for a free educational course that will help you prepare healthier meals.

- Wednesday, October 11, 5:00 PM-6:30 PM
- Wednesday, October 25, 5:00 PM-6:30 PM
- Wednesday, November 8, 5:00 PM-6:30 PM

Location: 6064 State Route 22
Plattsburgh, New York 12901

**What to Expect:**

Kids in the kitchen cooking while parents learn about healthy recipes, strategies to save money while food shopping, physical activities for the family, and more. Every class ends in a taste test of the recipes learned!

For more information or to register call Jordy, Kari, or Natalie at 518-561-7450

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**Overnight Oats**

**AN EASY AND HEALTHY BREAKFAST**

**INGREDIENTS**

- 1/2 cup dry oatmeal
- 1/2 cup plain yogurt
- 1/4 cup fresh or frozen fruit
- 1 tablespoon of peanut butter
- 1/2 cup milk

1. Mix all ingredients in a mason jar or other container with a lid (an empty, cleaned out peanut butter jar works well).
2. Shake it to mix.
3. Store overnight.

Ready to eat in the morning!

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**Happy Mom, Happy Family!**

Being a parent or caretaker is a full time job. Ignoring your own needs can make you feel tired, stressed, and unhealthy. It’s important to take time to make sure that you are healthy too.

- **Drink Enough Water**
- **Eat breakfast**
- **Relax and try to stay positive**
  - Take time to stop and BREATHE (slowly and deeply) every once in a while.
- **Ask for help if you need it.**
- **Exercise**
  - Get the kids involved too. Exercise is proven to decrease stress and outside is even better!
- **Your health matters too!**
  - Make regular doctors and dentist visits. If you don’t have insurance, ask WIC staff for help.

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