



Feeding Your Kids Common Situations the Program Can Help With

- Picky eating / Eating only a limited range of food
- Refusing new foods / Refusing vegetables
- Child unruly behavior / Focusing on other than eating / Fidgeting / Shoveling food down without chewing
- Skipping meals / Eating irregularly / Not eating at mealtime, and then snacking
- Eating “food-like substances” and drinking soda and sugary drinks
- You as a parent: Frustrated with food labels, advertising, nutrition, and health claims on boxes / Unreadable, incomprehensible, or misleading labeling on packages
- Frustration with research such as ingredients, components, what is healthy for a child to eat. Examples: mercury in fish, anti-oxidants, low fat, trans fats, saturated fats
- Eating out in fast-food restaurants and eating in school cafeterias every day
- Lack of skills, confidence in cooking / Lack of time for food preparation / Lack of planning
- Changes in food budget
- Constant battle with child about food
- Feeling guilty about child’s nutrition
- Unhealthy eating habits yourself which the child copies

The [Feeding Your Kids program](#) is designed to help parents feed their children healthy food and teach them healthy eating habits. The program is free.