



# CELEBRATE Feeding Newsletter

**Coaching in Early Learning Environments to Build  
a Responsive Approach to Eating & Feeding**

May 2023

## How to Support Acceptance of New Menu Items

Adding new foods to the menu can be exciting for adventurous eaters, but cautious eaters may hesitate to eat, or even taste, something new. Here are some strategies that can help make introducing new foods easier:

- Talk about the new food before it is served (for example, during circle time). Consider showing children the ingredients or a picture of the food.
- Describe the colour, shape, smell, taste or texture of the food.
- Serve new items alongside familiar favourites. This gives children options and helps cautious eaters feel more comfortable.
- Offer the food without pressure to eat, or even taste.
- Encourage children to explore the food even if they aren't ready to try it. They can see, smell and touch the food.
- Sit with children and eat the same food. You are an important role model.
- Give children time to accept the new menu item. Some children need to experience a food many times before deciding to try it.
- Keep offering the food even if it wasn't popular the first time.

### Webinar - Learning to Like (Rethinking "Picky Eating")

Tuesday, May 16, 6:30-8pm

**Email your coach to register!**

**Final Coaching Visits** - May

**Observations** - May and June

**Surveys, Interviews and Focus Groups** - July

Reminder:  
Upcoming  
Events

## Coaching Cue

Giving children the opportunity to experience a food outside of mealtime helps them learn about the food without pressure to eat. For example, before serving a new vegetable show pictures of how it grows, talk about how it's prepared or pass around a small piece for the children to explore.



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## **Celebrating Cultural Diversity with Food**

Food is a great way for children to learn about different cultures. Here are some simple ideas to start the conversation with the children in your centre:

- Look at your existing menu. What countries or cultures are represented by the foods you already offer? For example, you might be serving tacos or quesadillas from Mexico, spaghetti from Italy or hummus from the Middle East.
- Check the country of origin stickers on fresh produce to see where it was grown.
- Ask children or families about their favourite foods. Has anyone tried sushi, curry or Three Sisters soup?
- Looks at maps, pictures or flags from the places where the food comes from.

## **Recipe: Three Sisters Soup**

In some Indigenous communities, corn, beans and squash are called the Three Sisters because when these crops are planted together they help each other grow.

### Ingredients (serves 8):

2 tsp vegetable oil  
1 onion, chopped  
4 carrots, peeled and chopped  
4 stalks celery, chopped  
4 cloves garlic, minced  
4 cups vegetable broth  
1 butternut squash, peeled and cubed  
1.5 cups corn, frozen or canned  
2 cans black beans, drained and rinsed  
2 tsp dried thyme

### Directions:

1. Heat oil in large saucepan. Add onion, carrots, celery and garlic. Cook until soft, about 5 minutes.
2. Add vegetable broth and squash. Bring to a boil then reduce heat and simmer about 8 minutes.
3. Add corn, beans and thyme. Simmer until squash is soft.
4. Serve and enjoy!

Adapted from: Three Sisters soup (corn, bean and squash) - Canada's Food Guide