

KIDS PICKY EATING PRINTABLE PACK

By

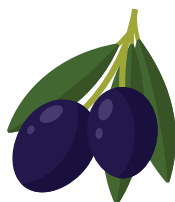
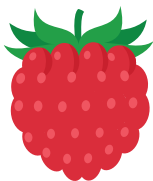
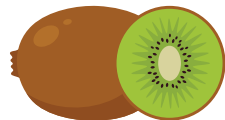
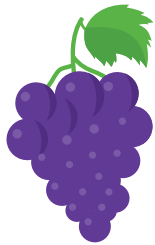
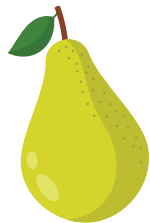
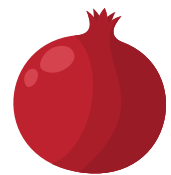
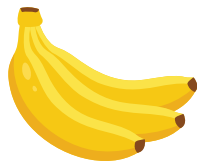
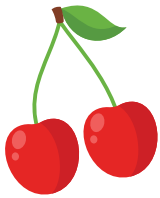
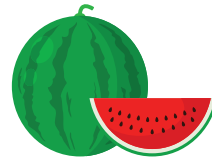
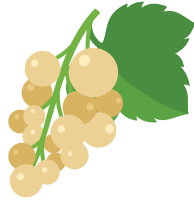
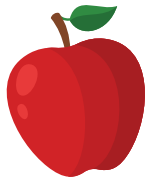
Rachel Norman
A Mother Far From Home

Lauren Tamm
The Military Wife and Mom

Veggies I've Tried



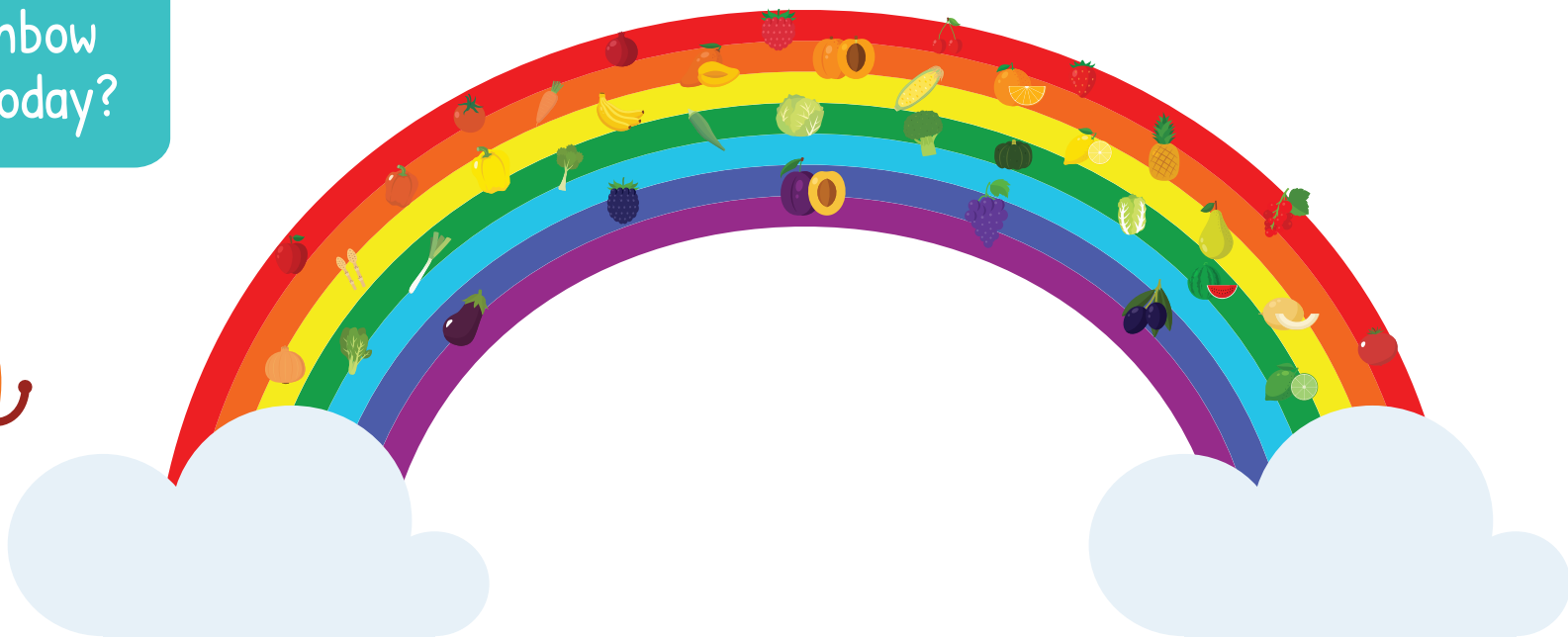
Fruits I've Tried












Eat the Rainbow

Can you eat all the rainbow colors today?



Rainbow colors I ate today!

						
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Easy and Healthy Snacks for Kids Checklist

- Apple
- Banana
- Carrots
- Celery
- Mango
- Pear
- Grapes
- Strawberries
- Blueberries
- Raspberries
- Oranges
- Peaches
- Plums
- Kiwi
- Grapefruit
- Avocado
- Pineapple
- Papaya
- Star Fruit
- Figs
- Honeydew Melon
- Cantaloupe
- Watermelon
- Cherries
- Edamame
- Raw Sugar Snap Peas
- Cooked Green Beans
- Mashed Sweet Potato
- Raw Sliced Bell Peppers
- Cucumber Slices
- Jicama
- Cherry Tomatoes
- Cooked Snow Peas
- Frozen Peas
- Raw Cauliflower
- Raw Broccoli
- Applesauce
- Raisins
- Fruit Leathers
- Freeze Dried Fruit
- Dried Apple Rings
- Dried Pineapple Rings
- Canned Fruit
- Olives
- Whole Grain Crackers
- Popcorn
- Oatmeal
- Shredded Wheat
- Brown Rice Cakes
- Whole-Wheat Pretzels
- Whole-Grain Toast
- Small, Cooked Whole-Grain Noodles
- Larabars
- Peanuts
- Cashews
- Almonds
- Pecans
- Walnuts
- Pine Nuts
- Pistachios
- Sesame Seeds
- Pumpkin Seeds
- Nut Trail Mix Including Dried Fruit
- Hard-Boiled Eggs
- Garbanzo Beans
- Cheese
- Plain Whole Milk or Greek Yogurt