

Tip of the month! "Just a Little" Helpings

Studies show that parents who use pressure usually have kids who actually eat fewer fruits and vegetables. Kids need to be exposed to, and ideally taste, a new food as many as 10 to 15 times before they'll accept it. These small helpings will encourage this process of acquiring a taste for certain foods.



NOVEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				