

DIRECTIONS

- 1. Select fruits and vegetables for your child to try this month.  
Try a new food every 3-5 days.
- 2. Use various preparation methods.  
This allows your child to try different textures and flavors.
- 3. Keep track of your selections in the calendar below and circle the smiley that reflects your child's reaction.
- 4. Continue to reintroduce foods that do not receive a positive response.  
Your child will accept more foods over time.

FRUITS AND VEGETABLES

- banana
- peach
- avocado
- pear
- carrots
- broccoli
- butternut squash
- sweet potato

PREPARATION METHODS

- baked
- boiled
- chopped
- grilled

sample

Month

SunMonTuesWedThursFriSat

<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>banana</div> <div>mashed</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>carrots</div> <div>boiled &amp; mashed</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>
<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>carrots</div> <div>boiled &amp; mashed</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>banana</div> <div>mashed</div> <div>😊😐😞</div>
<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>carrots</div> <div>baked &amp; chopped</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>
<div>broccoli</div> <div>boiled &amp; mashed</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>peach</div> <div>diced</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>
<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>broccoli</div> <div>baked &amp; chopped</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>carrots</div> <div>baked &amp; chopped</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>	<div>FOOD</div> <div>PREP</div> <div>😊😐😞</div>

## 6-12 Months

**1. Select fruits and vegetables for your child to try this month.**

## 2. Use various preparation methods.

This allows your child to try different textures and flavors.

**3. Keep track of your selections in the calendar below and circle the smiley that reflects your child's reaction.**

**4. Continue to reintroduce foods that do not receive a positive response.**

Your child will accept more foods over time.

How many types of produce can you list?

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

Write in your favorite methods!

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

Sun Mon Tues Wed Thurs Fri Sat

FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP
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FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP
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FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP
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FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP
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FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP	FOOD PREP
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