



NIBBLE TRAY™ TIPS THAT MAKE FEEDING FUN FOR BOTH KIDS AND PARENTS!

Name those foods – Fill each compartment with nutritious nibbles that you know your child likes. Call these foods child-like names, like broccoli “trees,” orange “wheels,” tofu and cheese “blocks,” cooked carrot “sticks,” egg “boats,” etc. Use the dip compartments for fun and nutritious dips, such as guacamole and yogurt. Personalize the tray, such as “Nancy’s Nibble Tray™”

Display the tray – Put the tray on the child’s own shelf in the fridge or on the table and let him self-serve throughout the day. Encourage your child to sit at his own little toddler table and graze. Fill the dipping bowl with cut up fruits and veggies surrounded by puddles of dip and let the child graze. By the end of the day the tray will be empty and the toddler’s tummy full – and with no food hassles.

Have the “tummy talk” – Teach your toddler to pay attention to his tummy. Since most toddlers do this without parental guidance (unlike other children), you seldom have to worry about them eating too much out of a Nibble Tray™. Because grow foods are so satisfying, it’s very hard to overeat them. The Nibble Tray™ enables children to be in control of how much and how often they eat. Because small portions are presented and refilled as necessary, the child is unlikely to overeat.

Play chew-chew – Teach your toddler to chew food longer. Chewing not only makes eating more enjoyable by allowing the taste and texture of the flavorful food to hang around the mouth longer, but chewing also produces more saliva, which contains digestive enzymes that break up the food even more and help it “slip down the slide” more comfortably. In a digestive nutshell, grazing and playing “chew chew” causes more digestion to take place at the upper end of the intestines so there is less work at the bottom end. Constipation is a common problem among toddlers. A more comfortable eater is a happier eater.

Nibble on novel foods – The Nibble Tray™ makes introducing new foods easier. Putting a new food in a compartment surrounded by familiar favorites gives the previously untested food a fighting chance to at least get into the mouth. It makes eating less-favorite foods, such as vegetables, easier and more fun. Toddlers are more likely to eat veggies if they are displayed along with favorite foods and dipped in favorite dips.

Nibble Together – Toddlers are copycats. If your toddler doesn’t happily take to the tray, place it between you. Exaggerate your delight in nibbling from this tray. Give your child “it’s fun to eat” signals. “Yum, yum!”



NIBBLE TRAY™

