

## Trying to Feed Picky Kids? Check Out *The Picky Eaters Project*

By Alice Knisley Matthias

Do you have some picky eaters in your home? Do you want to try and change the situation? Then you'll want to tune in and see what Food Network personality **Melissa d'Arabian** is doing with her family in a new web series called *The Picky Eaters Project*, seen on The Food Network website.



In the web series, which debuted yesterday, d'Arabian and her family make a promise to expand their eating habits and sample foods they have never tried before. We meet the whole family, which includes four young girls and a yellow Lab, as they come up with a plan.

The family agrees to take a closer look at their food choices and develop their eating habits. Viewers will follow the d'Arabian family's journey in this eight-week series as they set goals and track their progress. d'Arabian explains she has had small victories with her girls, and their menus, but wanted a more comprehensive plan moving forward. The goals of the *The Picky Eaters Project* are to get the family to try new foods and have more enjoyable family meals at the dinner table.

Watching the show, you'll get tips like how to set up a well stocked pantry. You'll learn how a strategy as simple as making the treats not as visible, and slightly out of reach in the cabinet, can help children make better choices when they're looking for snacks

inside the doors of the family pantry. Place the better snack choices right in front on the shelf.

There are recipes and menu ideas for turkey lettuce wraps, roasted tomato soup, glazed carrots, crispy kale chips, and more. The series covers topics like healthy meal makeovers and helping children develop food awareness. In this day of after-school sports and activities, d'Arabian's goal of sitting down and having a pleasant family dinner is one we could all try to make happen. She shares her thoughts that the atmosphere of the dinner hour is just as important as the food on the table. Create an environment that helps children feel comfortable trying new foods and enjoy family time.

The changes encouraged in the series are designed to get your family to slowly start to expand their food choices. Eventually, children can go from enjoying the homemade chicken nuggets on their dinner plate to a more grown-up meal of Chicken Milanese.

Tune in to Melissa d'Arabian's *The Picky Eaters Project*. Set the same goals in your home and see what happens in the family kitchen and around the dinner table.