

# HOW TO TEAM UP WITH YOUR KIDS IN THE KITCHEN IN FIVE EASY STEPS

*When you have kids, the kitchen can be a battleground -- and not the Iron Chef kind. Getting your kids to eat healthier, and learning new food skills, can feel like going up against a formidable adversary. We pulled some tips from our kids education programs to help you turn your kids from kitchen 'no's to kitchen 'pro's who'll be teaching you a thing or two in no time. Allez cuisine!*



## **Make being in the kitchen a hands-on experience**

When kids are the ones doing the cooking, gardening, and cleaning up, it builds their confidence and enjoyment of food and cooking. Build up their confidence by starting with a few easy lessons, like teaching them how to safely chop veggies, or how to test a food to see if it's cooked.



Have fun with themes! Get inspired by foods from your favourite movie – think *Big Night* or *Babette's Feast* – seasonal foods, or classic dishes.



## **Make trying new and healthy foods part of your routine**

Kids are more likely to eat foods that they make themselves, so let them play a part! Get them involved by making up games that help them learn about new foods. Set up some ground rules, too. A few favourites that work well in our programs: No making faces or using certain words to describe foods. Ban “ew” from your kitchen vocabulary!



## **Make time for change to happen**

The more time you spend in the kitchen, the more changes you'll see. Research shows that impacting knowledge takes 15 hours of class time, and impacting behaviour and skills takes 50 hours. Food skills aren't honed overnight! Build on what you're doing together every week, adding new tasks and techniques to the routine over time.



## **Let your kids be the leaders**

Encourage your kids to find and choose recipes, and take turns being the “chef” and “sous-chef”. Involve your kids in meal planning and making shopping lists. Turn grocery shopping into an adventure by making them responsible for choosing foods. You could even try picking a weekly food theme to shape your meals around.



## **Eat together!**

It can be a real challenge to gather around the dinner table on busy weeknights, but eating together is a fantastic opportunity to connect as a family and talk about your cooking experiences. Even starting with one day a week can make a difference. Bon appetit!

We're powering up communities with programs that bring people together to grow, cook, share, and advocate for good food for all. To find out more, visit [www.cfccanada.ca](http://www.cfccanada.ca)

