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Thank you for attending my presentation at this years Nourished Festival! It's always so great to connect with you all and be able to speak to you in real time! I've included some notes below so you can remember the tips we spoke about today!

CONNECTION + FUN

- Remember to go with the flow! Having kids in the kitchen is an adjustment and takes a certain level of patience and relinquished control. The lasting memories and confidence they'll gain is worth it! I promise!
- Go small! Stock up on pint sized kitchen tools – such as safe knives, cookie cutters, mini spatulas, whisks and spoons. Also have an apron and appropriate stool on hand for your helpers.
- For the younger helpers, ages 3-5 reinforce their need to learn fine motor skills. Pouring, measuring, and going slow with tasks will help this. It's important at this age for the environment to be happy and stress-free so they build a love for being in the kitchen with family.
- For children ages 5-8 help them boost their reading and math skills with recipes, measuring and multi-tasking skills. Begin to teach safety and ease them into using a stove or oven for easy meals.
- For older kids the focus can be on problem solving, making meals for the family, making multiple dishes at once and more.

- Taking a little extra time to make food LOOK fun can help a picky eater more interested in a meal. Making faces out of fruit on toast, cutting their veggies into shapes with cookie cutters or putting food on safe skewers can be a fun approach that leaves them requesting it again.

SAFETY

- Our kitchen is always prepared to accommodate food allergies we may not have in our home. Some items I always have egg replacer for baking, seed mixes and butters to replace nuts and an assortment of dairy-free milks.
- If there are severe allergies in your family, it's best to set up a designated food prep area. This can include a clean work surface and a drawer and cabinet with dishes specifically for that person.
- We have extra space for an extra toaster, wood cutting boards, a charcutier board and baking sheets for the food sensitive in our home.
- Thorough cleaning is the best way to keep everyone safe. Wash hands and dishes in warm soapy water while preparing food. We also keep a non-toxic spray cleaner for surfaces as well.

HEALTH

- Try to use natural sweeteners when available. Our go-to's are maple syrup, coconut sugar, honey, stevia and monk fruit.
- Food dye is proven to cause a host of problems. You can get creative with ingredients such as beets, turmeric, spirulina and spinach powder to create your own colors in frostings, smoothies, baked goods and more. If you are short on time, health food stores now offer an array of dye-free snacks, sprinkles, food coloring and more.
- Think whole foods from the earth as your first go-to for snacks and sides! We try to keep an endless supply of fresh fruits, dried fruits, fresh, frozen or canned veggies (soft steamed for littler ones!), nuts (if allowed on your diet), seeds, high quality meat sticks and high-quality dairy (such as grass-fed cheese or yogurt if tolerated) can keep hungry bellies full between meals and provide plenty of nutrition.