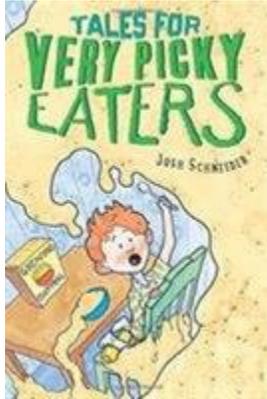
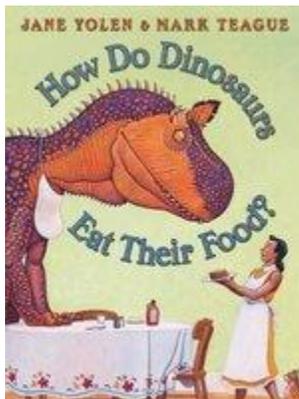


For Picky Eaters:



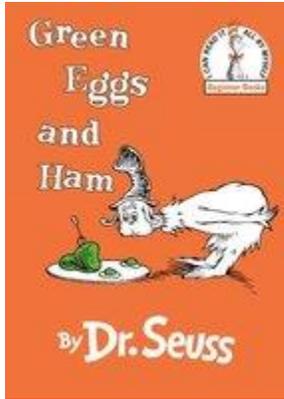
Tales for Very Picky Eaters – by Josh Schneider

2012 Winner of the Theodor Seuss Geisel Award! James is a very picky eater. His dad has to get creative--very creative--in order to get James to eat foods he thinks he doesn't like. He presents James with a series of outlandish scenarios packed with fanciful and gross kid-friendly details in an effort to get James to eat. But it is eventually James himself who discovers that some foods are not so bad, after all, if you're willing to give them a try. This irreverently hilarious early reader, illustrated in full color, explores a universal point of contention between parent and child in a playful, satisfying way.



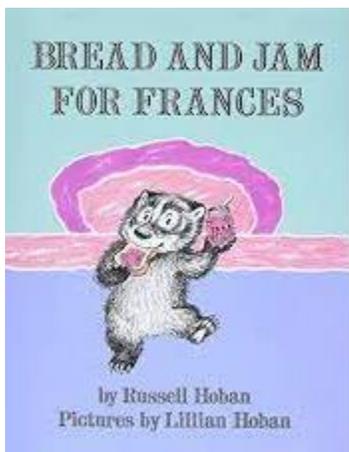
How do dinosaurs eat their food? – by Jane Yolen

This is a great book to bring out if you have a picky eater who is exceptionally messy, or you're working on teaching your kid to keep their food on their tray or plate. The fun illustrations and silly but messy dinosaurs are totally relatable for kids but come with some great lessons about what to do at the table.



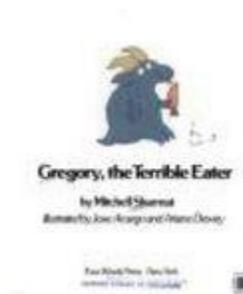
Green Eggs and Ham – by Dr. Seuss

Under all the silly situations is a kid who isn't interested in trying something new in the beginning but eventually when they give it a good try? Something amazing happens. This is also a great opportunity to try adding a little spinach to your child's eggs after reading this book a few times.



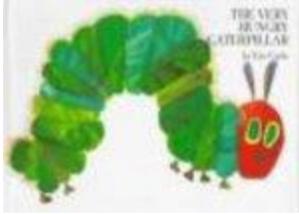
Bread and Jam for Frances – by Russell Hoban

"Jam on toast," sings Frances about the food she likes most--until she has it for the sixth meal in two days. Do you think it's a good thing Frances will only eat bread and jam? Will Frances only eat bread and jam forever?



Gregory, the Terrible Eater – by Mitchell Sharmat

Gregory is a goat who has no desire to eat the tin cans and newspaper his parents try to feed him. Instead, he wants the foods he likes. This book chronicles Gregory's attempts at trying new foods, and shows how he learns to like some new things while still enjoying his old favorites.



The Very Hungry Caterpillar – by Eric Carle

Nobody enjoys more variety than the Very Hungry Caterpillar! In this fun book, the caterpillar works its way through several different foods, as it packs energy for its upcoming transformation.



Dragons love tacos – by Adam Rubin

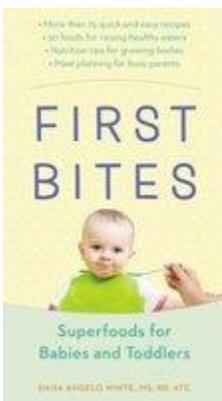
Dragons love all kinds of tacos—but whatever you do, don't give them any hot salsa! This funny book shows the virtues of enjoying a variety of food, as well as the fact that sometimes, there are just those foods we don't love. This makes it more relatable for kids!

For Parents:



365 Foods Kids Love to Eat – by Sheila Ellison & Judith Gray

A collection of 365 recipes for nutritious dishes, designed to appeal especially to children, including baby foods, snacks, lunches, pastas, beverages, breakfast items, and special occasion treats.



First Bites – Dana Angelo White

FIRST BITES is a "cheat sheet" approach to introducing 50 superfoods into baby and toddler diets, with tips and recipes to show parents how to raise healthy eaters for life. FIRST BITES is the quick and easy reference guide that all parents can keep on hand to whip up tasty and nutritious meals for their babies and toddlers in no time. Recipes are designed to help to foster healthy eating habits and create a diet filled with 50 fresh, minimally processed superfoods that are just as delicious as they are healthy.