

ZEBEDEES

deliciously nutritious nursery meals

3 Simple Tips for Managing Fussy Eating

1

Avoid focusing attention on what your child has or hasn't eaten. Keeping mealtimes stress-free helps create a positive environment.

2

Ask them to help you prep the food or set the table. Getting involved can make mealtime more exciting and encourage them to try new foods.

3

Offer sides and allow little ones to serve themselves. Giving them control can increase their interest in eating!



Charlotte Stirling-Reed - The Baby & Toddler Nutritionist is an award-winning nutritionist and 3x Sunday Times Bestselling Author of How to Feed Your Baby & How to Feed Your Toddler.

Find out more about Zebedees and take a look at our latest menus



ZEBEDEES.CO.UK
feeding our future every day



Find out more about our Nutritionist - Charlotte Stirling-Reed



Zebedees are the UK's leading nursery meal provider
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