

	Healthy meals, snacks and packed lunches	
What we do well	What makes it difficult	What would make it easier
He eat lots of fresh fruit	Knowing how much to give	Ideas for finger foods
Nursery school meals helps them be less fussy	Giving healthy finger foods to active toddlers when they won't sit still to eat	Better food labelling
I use lots of fresh vegetables, fruit, protein and I have a good knowledge of healthy food. I only give him milk and water to drink.	Harder when they want to feed themselves, it's messy and harder to know how much they have eaten.	Food labelling and ingredients shown when eating out
Fresh fruit	Hard to feed toddlers on the move when they don't want to sit down to eat.	If the nurseries and schools are on board
Fresh food and fruit	Eating out and about – food ouches are good but expensive	Labelling when eating out e.g. salt content
Homemade soup	Grandparents (giving them unhealthy treats!)	Knowing about suitable meal sizes
Fruit and veg with every meal and balanced meals	Cost	Better preparation and planning
Fresh fruit and vegetables and homemade food	Child refusing – No No No!	It helps that nursery has cooked lunches and we get menus in advance
Fruit easy to give as can give berries in snack pots	Cost of fruit and healthy snacks	Ideas for healthy packed lunches for when he starts nursery
Positive role modelling	Child developing (independence) throwing food, using spoons	Help when child has allergies to find alternatives
Making soup – good for hiding veg	Eating out	Help for fussy eaters, tactics to help children try new foods
Giving them time to try	The waste if they don't eat meals	
Give lots of fruit and veg in lots of ways	Hard to get him to try different foods	
Make veg chips – sweet potato, carrot	Struggle to get him to eat vegetables	
Include vegetables without her realising – e.g shepherd's pie	Difficult to get him to eat vegetables	
Batch make food and freeze	Lack of energy – easier to provide something quick and easy	
Give (her) as many textures as possible	Time – work full time	
Encourage her to feed herself	Time - other activities and commitments – ferrying siblings to and from clubs etc.	

Add different textures to youghurts	Preparing meals when you have a toddler is difficult – occupying him	
Likes most foods, fruit and veg, porridge	Not much fresh veg in the shop on the estate	
Give low fat biscuits	Labelling is unclear	
Make things from scratch and freeze	Copying peers when they say no	
Easier as they have got older as they eat the same the others	Time to be organised	
Setting lunches help	Have to hide veg, used to be a good eater but fussy now	
The nursery provides a healthy wholesome tea	Different textures can put him off	
School and nursery dinners help	He likes to graze so doesn't sit down to main meals	
Good at adapting family meals	Conflicting advice, dentists advice not to graze but HV advises its okay as we need him to eat.	
Traditional meat and 2 veg meals for child with allergies	Feel guilty as not sure what to do and want to do the best	
Fruit, veg, cheese,	When siblings are fussy eaters	
Family meals – lots of fruit and veg	Weaning – stating to introduce lumpy food	
Family meals, shepherd's pie, likes olives and mushrooms	Fear of choking	
Healthy eating at home, family meals, occasional treats	Allergies, intolerances are hard to shop for. Ingredients are hidden.	
Fruit bowls available all the time	Have to constantly check labels, run out of ideas, hard to trust others to shop and make meals in case they miss an ingredient.	
Sweets only at the end of the day	Special foods and ingredients are expensive	
Fruit, veg, Hummus	Lack of support when I had to stop breast feeding and go onto bottles, Hard to transition to bottles but I didn't have enough milk. Needed better advice and support. Felt guilty and sad.	
Pasta with veg and family meals	Other family members not eating healthily and so not good role models	

Home made meals, hide veg in meals, limits sweets, only water	Grandparents are “feeders” and don’t always provide healthy meals and snacks.	
Regular mealtimes, fruit and yoghurts for puddings	Conflicting advice makes it difficult, hard to know what to do.	
Role model eating healthy meals	Struggle for ideas for easy recipes. Need quick easy recipes	
Being prepared, healthy snacks and meals	Grandparents giving treats on demand	
We eat at the table together, healthy eating habits and drinks water.	Need ideas to help as we don’t all eat at the same time	
I use the slow cooker to prepare healthy meals, I have to be prepared and batch cook and freeze ahead	Allergies and intolerances making it difficult. The dietician referral has taken a long time	
Likes peppers, raw carrots, cucumber, tomatoes, fruit, hidden veg no sweets	Child has autism and this makes it difficult. Will only eat certain things, have to provide for siblings too.	
Provide healthy meals, fruit, yoghurts, cheese	Hard when I have gone back to work, try to batch cook	
Eats healthy meals, fruit, salads and tries different fruits	Having to make different meals for family members, vegetation, different tastes, run out of time, healthy eating costs, eat too many take-always as easier and quicker.	
Going to have nursery lunches and they are healthy	Work/life balance difficult, we don’t eat together, rely on takeaways too much.	
Eat healthy family meals together	Won’t try new foods	
Cucumber, tomatoes, mangoes, pasta, drinks water	Lifestyle choices mean we have to cook different meals for different family members, role models are eating unhealthily, and time is a factor.	
	Child in control – chooses when and when not to eat.	
	Fussy eater makes it hard	
	Hard when they are ill	
	Won’t try new things, not keen on meat	

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