

Getting Started with kizingo®



Kizingo's Nudge Plate & Bowl helps your kids practice tasting new foods. Tasting new foods should occur daily, but parents don't always remember to do this! The Nudge plateau is a visual reminder for parents to give a small taste for their kiddos to try.



Start Small.

When introducing new foods to your kiddos, it's best to start small. Like *seriously small*. Imagine you're two years old, never tasted blueberries, and your mom puts the bowl on the left in front of you. No matter how much she tries to get you to try these "delicious new fruits" you're overwhelmed by the amount and say "NO WAY!" Now imagine she puts down the bowl on the right. You think "Cheerios! I love Cheerios! And what are those things? They're so small. And blue. I wonder what they feel like."

Suddenly, the pressure is off to eat a huge pile of an unfamiliar food, and instead you've just been given permission to explore. With all your senses. And the next time blueberries are put in front of you you're less likely to immediately reject them.



1.

Use the nudge plateau to regularly introduce (small amounts) of new foods to your kids. Kids need to practice tasting new foods an average of 15 times before they admit they like it.



2.

Pair these new foods with some of your kids favorite options to make tasting unfamiliar foods a little less scary. By keeping the unfamiliar portions small, you're less likely to overwhelm them—encouraging further investigation. Suddenly, the pressure is off to eat a huge pile of unfamiliar foods, giving your kids permission to explore with all of their senses.



3.

Encourage your kids to mix and play with flavors. The next time you put peas in front of your kids, they'll be less likely to immediately reject them. Plus, giving your kids the opportunity to regularly practice something - in this case tasting - will prime them for this important skill and benefit them in the long run.