

Taster Tots «

Recipe for Success



Trying to get food into your fusspot youngsters? Join the club! Stonesfield mum of two Claire Fogaty has a great solution; welcome to Taster Tots!

"I noticed my toddler was more willing to try new foods when his friends were around, if he was in a fun environment or involved in cooking," explains Claire, who is mum to Freddie, aged three, and Jamie, nine months. "So I started testing this theory; would toddlers be less fussy around their friends? The results were amazing! "When one toddler said they loved carrots, natural toddler instinct kicks in; 'I want carrots too!', 'Where's my strawberry?', 'It's my turn to try scrambled eggs!'"

So, once a week Claire organises a play date with a difference; friends bring their toddlers round for dinner, *Come Dine With Me* style. "It's just as easy to cook for a few more," adds Claire. "Each week has a different recipe, introducing new foods. I often include the children in the preparation and cooking of the food, plus there is always a fun activity tied in. The recipes are simple and inexpensive with an ambition that the kids will actually enjoy them – no mackerel pizzas here!"

At the dinner table, Claire has noticed youngsters push themselves to be more independent eaters, just like their friends, using cutlery and not relying on mum's help like they often do at home. "They listen carefully to the instructions, take turns in helping, identifying different colours, differentiate between fruit and vegetables, are more willing to help tidy up after a meal... the list is endless!" So why not join them once a week and try a new toddler-friendly recipe to get your children enjoying food in a truly fun and exciting way? Each Monday a new recipe is published on the website that has already received the Taster Tots stamp of approval.

Claire would love to hear your stories, see your photos and get your feedback. "If you have any recipe ideas or food tips for children these would also be appreciated. "Believe me: I am no expert, chef or nutritionist, just a mum trying to get her toddler to try new foods!"

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