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## IS A POLITE BITE CHOMPION

Remember it takes 10 - 20 tries to know if you like a food.

## MY POLITE BITE ADVENTURES:

Name	Loved it	Try again

### POLITE BITES ARE:

- One or two bites of new or "try again" foods.
- Free of the "ewww" response or the "face," prior to or after trying a new food.
- Approached as possible "loved it" foods.
- Practiced by kids and adults!
- Explorations to be celebrated even if a food is not tried or loved.

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Helping inspire a new generation of nutritious eaters through successful implementation of our Healthy Eating & Physical Activity (HEPA) Standards.

# FOSTERING EXPLORATION

**POLITE BITE FRUIT  
& VEGGIE PASSPORT**



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