

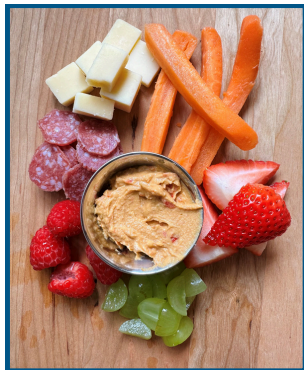
Toddler Charcuterie Board

Ingredients (measure with your heart)

- Carrot sticks
- Strawberries
- Grapes (cut into quarters)
- Cubed cheese (any variety)
- Dips for veggies:
- Hummus
- Plain Greek yogurt (or season with chopped herbs!)
- Raw broccoli (“little trees”)
- Oranges, peeled
- Apples/pear slices
- Nut butters
- Salami/meats (avoid any with nitrates/nitrites)

Treat Ingredients

- Pretzels
- Chocolates/candy
- Crackers
- Chips
- Puffs



Chef's Tips

1. Charcuterie board should be kept at room temperature no longer than 2 hours. If using a fridge-safe charcuterie board with lid, the ingredients can be stored together for up to 48 hours in the refrigerator for future use.
2. When creating a charcuterie board, it may be fun & delicious to add in a "treat ingredient". However, this ingredient may be favored more than the vegetables/fruits, so keep that in mind.
3. Involve your toddler when picking out ingredients! This is not only a fun activity and teaches them organization, planning, food shopping, and preparing the foods, but it also involves them in the decision making with their own food (less likely to refuse ingredients).
4. A fun way to plan a weekly charcuterie board with your toddler is to do a color palette guide. For example, this week the color orange can be carrots, but next week it can be orange bell peppers. Alternatively, you can have them select an ingredient from each category, such as one fruit, one vegetable, one protein, etc.

