



◆BOTTLES



## safe bets

Each month you ask us to recommend the best BPA-free bottles and sippies. Here are some of our faves

- 1 Plastic bottle, \$30 for two, *BornFree*
- 2 Glass bottle, \$4, *Evenflo*
- 3 Plastic bottle, \$23 for two, *ThinkBaby*
- 4 Plastic bottle, \$7, *Medela*
- 5 Stainless steel cup, \$20, *Klean Kanteen*
- 6 Stainless steel cup, \$20, *Thermos*

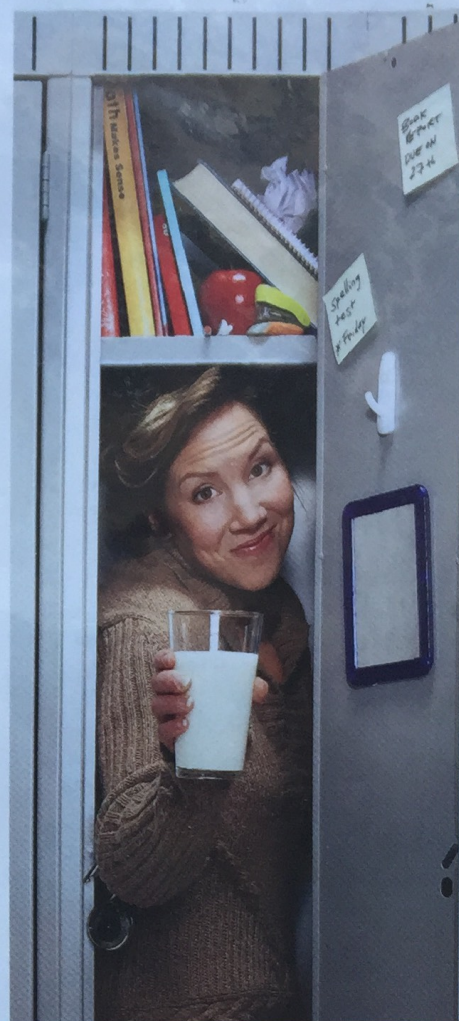
and then get something unhealthy they like and give it to them."

**BEYOND BASIC MEALS:** "The more you give them just a very restrictive variety of foods like chicken nuggets, pizza and hamburgers, the more you are going to get a fussy child because they won't try anything new. I do find that ethnic-style foods are very popular for children... Offer them and you might be very surprised. My daughter loved olives at the age of 18 months, my son likes very spicy foods and my youngest daughter likes sushi."



win it!

The first five readers to email their best picky eater strategy will win the Canadian edition of Annabel Karmel's *More First Meals*. Please send your tip to [editor@canadianfamily.ca](mailto:editor@canadianfamily.ca) citing "Picky Eater" as the subject line.



## THERE'S AN EASIER WAY TO MAKE SURE YOUR KIDS GET MILK AT LUNCH.

Buying milk for your kids through The Elementary School Milk Program can help make sure your kids meet their daily-recommended servings of Milk and Alternatives, helping them stay healthy, alert and ready to learn each day. To ensure that your child's school is part of the program, call 1-888-730-MILK (6455) or visit [www.dairygoodness.ca/schoolmilk](http://www.dairygoodness.ca/schoolmilk)



ELEMENTARY SCHOOL MILK PROGRAM

