



LIL' PINKIES UP! 

POLITENESS POLICY

The _____ family is officially starting a creative
adventure in the kitchen and at mealtime together!

_____ are signing on to be official (and polite!) food critics of
_____ cuisine! Everyone's opinion matters and dinner time is an adventure
to explore! Many new tastes, textures, and aromas await our budding palates!

_____ receive the same plate as _____
every night and are guaranteed to have something on the plate that they already know tastes AMAZING, and
_____ get to decide where everyone sits at the dinner table and/or what
placemats, cups, and dinnerware everyone uses at mealtime.

_____ are encouraged to take a real bite and politely
describe what that bite tastes like to everyone at the table if they would like to _____
Don't worry, adults can go first, and they encourage silliness and fun!

_____ pinkie promise to not use words like, "Eewwww"
"Yuck!" "Gross" at meal time because _____ took time to lovingly prepare
dinner and we respect their feelings as much as they respect ours.

If _____ taste a new food that isn't their favorite at that moment, they can
say "I don't prefer it" or another polite statement until they have tried that food at least 17 times. Only after
_____ have tried a food 17 separate times, can they
officially say "I don't like" that food.

X _____ X
KID(S) SIGNATURE ADULT(S) SIGNATURE