

How To Make Your Children Explore KOMBUCHA



Introduce the preparation process



Make your child understand how fermented drinks like kombucha are prepared. This will spark their curiosity to try it out.

Don't rush

Introduce the new tastes slowly into your child's diet. Increase the amount when they become more used to the new flavor.



Expose them to flavors



Let your child try out different flavors of kombucha. Ask them which ones they prefer.

Let the child choose

Older children like to make a choice. Remember that their favorite drink does not have to be yours.



Be a role model



Enjoy kombucha in front of your children. Don't make weird faces while drinking. This will tempt them to taste it.

Plan a taste-testing event weekly

Schedule a time every single or alternate week to taste-test kombucha flavors. This will make children more excited at the prospect of trying the drink.

