



Sunshine Coast Occupational Therapy Inc.

Paediatrics, Geriatrics & Ergonomics

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ORAL MOTOR GROCERY LIST*

Strengthen Suck and Blow:

(Note: Sugar is not good for droolers. Citrus facilitates sucking.)

- | | | |
|---|--|--|
| <input type="checkbox"/> Applesauce (+ Apple Juice) | <input type="checkbox"/> Fresh Orange Wedges | <input type="checkbox"/> Lemonade |
| <input type="checkbox"/> Caramel Suckers | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Lick-um-ade |
| <input type="checkbox"/> Charleston Chews | <input type="checkbox"/> Grapefruit Wedges | <input type="checkbox"/> Milkshakes |
| <input type="checkbox"/> Cran Juices | <input type="checkbox"/> Jello Cubes | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> Flat Sugarless Candy | <input type="checkbox"/> Juice Bars | <input type="checkbox"/> Popsicles |
| <input type="checkbox"/> Food Dips (variety) | <input type="checkbox"/> Juice Smoothies | <input type="checkbox"/> Puddings (+ Milk) |

Increasing Jaw Control: Facilitate Munch and 3-Dimensional Chew:

MUNCH-CRUNCH

- Apples
- Carrot Sticks
- Cheerios
- Chips
- Corn Curls
- Graham Crackers
- Granola
- Pickles
- Pretzels
- Popcorn

- Raw veggies
- Sweet Tarts
- Toast

CHEW

- Bubble Gum
- Cheese
- Dried Fruits
- French Fries
- Fruit Roll Ups
- Gummy Bears

- Gummy Worms
- Jerky
- Lemon Drops
- Licorice Sticks
- Long Suckers
- Marshmallows
- Oranges
- Slim Jims
- Raisins
- Skittles
- Sugarless Gum

Non-Food Items:

- Balloons
- Blowers
- Bubbles
- Cheesecloth

- Cotton Balls
- Exer-tubing^R
- Harmonicas
- Latex Squeezies
- Pinwheels
- Sports Bottles

- Straws, Long
- Straws, Silly
- Straws, Short
- Straws, Thin
- Straws, Wide
- Thera-band^R

Arousal/Alerting

- Atomic Fire Balls
- Hot Tamales
- Hot Gum Balls

- Ice Chips
- Red Hots
- Sour Fruit Popsicles
- Sour Gum Balls

- Sour Straws
- Tear Jerkers
- War Heads

*Thanks to Suzanne Wilkinson, OTR/L of Orlando, Florida for this "grocery list" idea.