

FIT KIDS

ECEAP/Head Start Parent Newsletter

Issue # 7

The Surprise Garden



Let's Plant Seeds!

Garden vegetables are fun to plant, fun to grow, and fun to eat! A great book to read to your child so they can learn about gardening is "Inch by Inch, The Garden Song", by David Mallett.

Lettuce and spinach can grow in a cup on the windowsill or in a container on your porch. Just make sure it gets plenty of light and keep the soil moist. Try some at home and see how good fresh greens taste!



Grow your own...

Vegetables that is! It doesn't take much to have great-tasting, fresh produce all summer. Even if you don't have a yard, you can grow summer vegetables in containers. April is a good time to start.

Cut off a milk jug and poke a few holes in the bottom. Fill with potting soil. Get some seeds-- you can buy vegetable seeds and "starts" (young plants) with your Basic Food Quest card at any store that accepts them (formerly food stamps).

Plant seeds or starts. Put in a warm, sunny place. Keep soil moist until seeds sprout or starts get going. Then water whenever the soil starts to get dry. Plant more seeds in new containers every two weeks so you'll have veggies ripening all season.

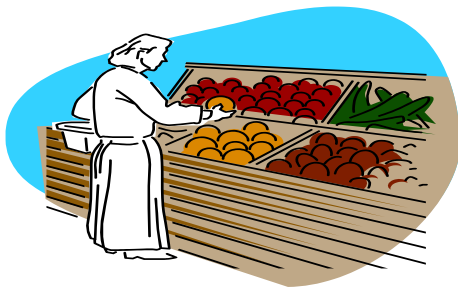
Vegetables that can grow in containers in our area:

- Lettuce, spinach, chard
- Tomatoes, especially cherry tomatoes
- Radishes

If you have some space in your yard, try some peas, carrots, beets, broccoli or beans. Yummm!



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157, ext 6264, jlevenson@wsu.edu at least two weeks prior to the event.



Snacking Healthy

Want your kids to eat more vegetables?? If they get to choose them or help fix them, they are more likely to eat them. At the store, show your kids all the beautiful and bright colors in the produce department. Let your child choose one new vegetable or fruit each week at the store. Check the store display for recipes if you are not sure how to fix it—or maybe eat it raw!

Wash and cut the vegetable or fruit your child picked. Eat some yourself, and say good things about it—even if it's not your favorite. Remember, your child will watch you and do what you do.

Make It Fun to Move and Play!

- ◆ Instead of going to the kitchen for snacks during TV commercials, make it a family game to get up and do action moves during each commercial period. Let children take turns being the one who gets to lead the moves.
- ◆ Rent or buy a video of aerobics, or dancing or tae-bo, dancing. Play it and let children follow along as best they can. They won't keep up with all the move, but they'll have fun anyway!
- ◆ Use some of the aerobics or martial arts moves you saw in the videos and work them into routine chores around the house to make chores more fun for young and old alike.

From *Save Your Child from the Fat Epidemic: 7 Steps Every Parent Can Take to Ensure Healthy, Fit Children for Life*. Gayle Povia Alleman, MS, RD

Giving Your Child New Foods

Some children don't like to try new foods. But kids need to eat lots of vegetables to grow and stay healthy, they also need to eat a lot of different kinds of vegetables.

How can you talk your "fussy eater" into trying new vegetables?

- ◆ *Don't give up* – It may take 10 to 15 times before your child sees the new food as familiar.
- ◆ *Eat the new vegetable yourself* – if you don't eat it, your child probably won't either. (Maybe if you try it enough, you'll start liking it too!)
- ◆ *Be happy* – Children whose parents (or teachers) are happy about the new vegetable are more likely to try it and enjoy it.
- ◆ *Let your child to decide how much* – Let your child decide how much of the new food to eat. Even one nibble at a few different meals will increase the chance that your child will end up liking the new vegetable. Try this technique for other new foods too.

Tips from Laura Griner Hill, Ph.D. Washington State University – Department of Human Development.

