

HIT KIDS!

ECEAP Parent Newsletter

Session 5

Healthy Foods Help Me Grow!

Vegetables Are Good To Eat!

Read to your child the book called, "*The Very Hungry Caterpillar*". It's a fun way to help your child learn the differences between healthy and not-so-healthy foods. Healthy foods help bodies grow up strong and ready to learn. These foods include fruits, vegetables, whole grains, lean meats and non- or low-fat dairy products.

Less-than-healthy foods do not have the vitamins and minerals our bodies need. These foods are often high in sugar and fat. They include candy, cookies, chips, most desserts and pop. Your child learned that it is important to eat healthy foods all of the time and to eat less-than-healthy foods only once in a while and in small amounts.



We Love Leafy Greens!

Give your child the chance to try a Caterpillar Leaf Salad. This salad is a mix of several leafy greens such as spinach and lettuce, topped with sliced oranges. The hungry caterpillar in the book ate leaves too. What a great way to introduce your child to healthy Leafy Greens and an opportunity to teach them their colors since fruits and vegetables are so colorful.

Leafy green vegetables include spinach, lettuce, chard, mustard or collard greens and kale. These greens have:

- Vitamins A and C. Vitamins A and C keep our eyes and skin healthy.
- Iron and calcium. Iron makes healthy blood so you don't feel tired and calcium builds strong bones.
- Fiber. Fiber keeps intestines clean.

Add leafy green vegetables to your family meals often. When buying lettuce, pick the dark colored ones such as romaine. The darker greens have more vitamins and minerals than light-colored ones.

Did You Know?

It often takes a while for children to accept a new food. Kids may need to see it on their plate and try one bite of it 8 or 10 times before it becomes familiar to them. Don't make a fuss, just keep putting a little bit on the plate. Encourage one bite each time it's served.

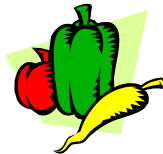


Just Do It!

Trying to get your kids to eat more vegetables? Try Salad on a Straw!

Set out bowls of spinach leaves, red and green pepper wedges, cucumber slices, black olives, cherry tomatoes halves, and mushroom slices. Give each child a straw and let them string all the vegetables they want onto the straw. Serve with a dipping bowl of light (low-fat) Ranch dressing.

Adapted from FamilyFun Magazine



Families On The Move!

Want your kids to move more? As parents, you need to set the example. You don't have to be Mr. or Ms. Fitness—just remember that your children will do what you do.

Ask your kids what activities and play they like to do. Then help make it happen!

1. Set up a regular time throughout the week for physical play—as many days as possible.
2. Let kids take turns deciding on physical activities to do.
3. Start a chart and give stars for daily activities for each family member.
4. If you can, get whatever it is your child needs to be active, such as a ball, bike or skates. Check out your local second-hand stores for good buys.
5. Help everyone in the family feel successful at being active. Praise them for all they do.

Whether your children play in the neighborhood or in organized sports, be sure to encourage their interests.

Remember, it does not cost a lot of money to get your family moving!

Adapted from an article by Jeanette leBlanc, Ph.D.

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.