

FIT KIDS!

ECEAP/Head Start Parent Newsletter

Issue # 8

Pickin' Peas

Peas are Fun to Fix and Eat!

Peas are fun to pick from the garden, open and eat! Teach your child how to break off the ends and eat this delicious food for a yummy and easy snack.



Peas are a vegetable. Your child should eat three or more servings of vegetables each day. A serving for young children is about one-quarter of a cup of chopped or small vegetables like snow peas or baby carrots or broccoli.

Why the Fuss Over Vegetables?

The vitamins and minerals in vegetables help provide:

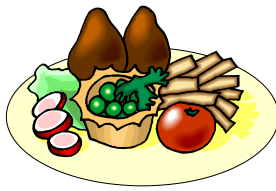
- good vision
- healthy skin
- infection fighters
- healthy heart
- healthy colon

That means vegetables are a great food for everyone in the family to enjoy. Added bonus--vegetables only have 25 calories per half cup!

Aim to serve your family a vegetable at lunch, like carrot sticks with a sandwich. For an afternoon snack offer broccoli "trees" with low-fat Ranch dressing. At dinner time, make sure there's at least one or preferably two vegetables on the plate.

Our children learn to like what we give them. Keep serving vegetables even if the kids say they don't like them. The only way for kids to learn to like veggies is to keep tasting them. Children all over the world gobble up bowls of vegetables without ever seeing packages of chips or cookies. *You* can give your child the life-long gift of liking vegetables. Now is the best time to start!

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

Vegetables cut into small pieces
Yogurt dip

Set out a small plate of several different kinds of colorful vegetables. Make sure that some of the vegetables are ones your child knows and will eat, and always include a new or different vegetable and encourage your child to try it.

Make your own dip by mixing a powdered onion soup mix into plain yogurt. Yummm! Your child will be eating vegetables before you know it!

Families on the Move!

Want to get your kids moving more? Try these tips!

1. Buying toys? Pick some that require activity, even if your child hasn't asked for them. For instance, toys such as skates, tricycles or bicycles, a basketball hoop, hula hoops, stilts, pogo stick or badminton set are great fun and keep your kids active. Keep "activity" in mind when deciding which toys to buy.

2. Make play, rather than food, the focus of get-togethers or outings. Invite friends and family over for a Sunday afternoon of active games. Instead of people bringing a potluck dish, have them bring "potluck" activity equipment: balls, Frisbees, lawn darts or a croquet set. Keep the food simple, such as make-ahead casseroles, so the hosts can enjoy the games too.

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



Parent's Corner

Have a Fussy Eater?

Some children don't like to eat anything new. But just like kids need to eat many different types of food to grow and stay healthy, they also need to eat many different 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!)
- *Show enthusiasm* -- Children whose parents (or teachers) are enthusiastic about the new vegetable are more likely to try it and to enjoy it
- *Allow your child to decide how much* -- Give your child a choice about how much to try. Even a little bite, at a few different meals, will increase the chance that your child will end up liking it.

Try this method for other new foods too!

Laura Griner Hill, PhD 2003

