

FIT KIDS!

Parent Newsletter

Issue 2

All About Apples!



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A good “fall” story to read to your child is *Autumn is for Apples* by Michelle Knudsen. The story follows a young girl and her family to an apple orchard for an afternoon of apple picking.

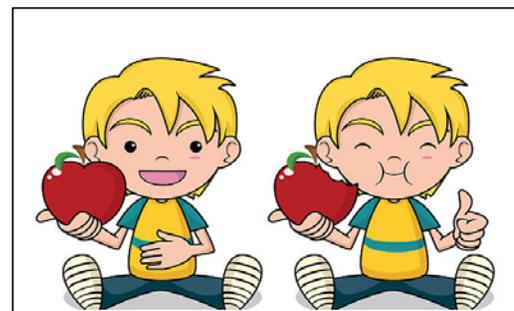
Focus on Fruits

MyPlate wants families to eat fruit every day. All fruit counts—fresh, frozen, canned or dried. Go easy on juice though, no more than half a cup per day for preschool children. It’s best to dilute juice with water, half and half.

- Fruits are naturally low in calories and fat.
- Fruits have important nutrients like potassium, fiber, folate, vitamins A and C.
- Focus on fruits to get nutrients that are needed for good health.
- Different fruits have different vitamins and minerals. Keep a variety of fruits on hand so you get a variety of nutrients.



Apples are a low cost, healthy and yummy snack. Buy different varieties and colors and find out which one your child likes best!





Parents Play Big Role in Children's Healthy Habits

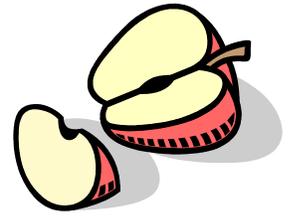
Parents play a big role in helping their children learn healthy ways to eat. By setting an example and buying certain foods, parents teach children good eating habits. Eating habits start early in childhood and can last a lifetime – both good habits and bad ones! Try these tips to help your child learn healthy ways to eat:

- Buy fruits and vegetables often and keep them where they are easy to eat—like fruit in a basket.
- Save money. Only buy potato chips, soda pop, fruit flavored drinks, cookies, and other sweet and fatty foods once in a while. They cost a lot but do not have many vitamins and minerals that make a healthy body.
- Snack on fruits and veggies often.

Give yourself and your child the gift of lifelong health: eat three well-balanced meals and a healthy snack or two each day. You'll feel better, and be a model of healthy eating for your whole family.

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

Apple Farmer Annie's Applesauce



Makes 4 servings

- 4 medium apples
- ½ cup water
- ¼ cup sugar, or less to taste
- ½ teaspoon cinnamon

Wash, peel, core, and slice 4 medium apples. Heat apples and ½ cup water to boiling, then reduce heat. Cover and cook slowly until tender and soft. Add sugar to taste (about ¼ cup). If you choose a sweeter variety of apple, you might need less sugar or no sugar at all. Continue cooking until sugar dissolves. For extra flavor, add about ½ teaspoon cinnamon. For a finer applesauce, pour the cooked mixture through a strainer or sieve.

Recipe from *Apple Farmer Annie* by Monica Wellington.

Just Do It!

Together as a family, chart how much fruit you eat each day. Children ages 3-4 years old need about one to one and a half cups of fruit a day. Most adults need about 2 cups. Are you and your children eating enough fruit? Eat some fruit at breakfast and some at lunch. Have fruit for a snack. Having dessert? Make it out of fruit.

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.