

October/November newsletter



Nourishing the Next Generation

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

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Serving Child-Friendly Veggies and Fruits

One way to encourage your grandchild to eat more vegetables and fruits is by making them fun to eat. Let your young ones help rinse them AND help with their preparation, based on their age and skills. When they help make a dish, kids are much more likely to taste foods that they avoided in the past. Here are examples of what you could try:

- Delicious dippers. Using one bowl per family member, mix a little cinnamon into peanut butter or low-fat yogurt and serve with banana chunks or canned peach slices. Or slice cold baked potatoes into rounds and serve with a hummus dip.
- Fruity ice cubes. Pour 100% apple juice into an ice cube tray and add one thin slice or chunk of apple for each ice cube. When frozen, serve in a clear glass with water.
- Encourage the artistic nature of your grandchildren! Let them cut squash or other soft vegetables into butterflies or imaginative designs of their choice before eating them.

Source: www.choosemyplate.gov/healthy-eating-tips/ten-tips.html



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Towards More Healthful Snacking

While the adults in a family usually decide what the kids will eat, we all know that kids typically eat what is available. So most of the time, surround your youngsters with only healthful food choices. That way, they'll be able to make great selections every day. Here are some ways to set your grandchildren up for success:

- Regularly schedule meals and snack times for your grandchild.
- Serve a variety of fresh, dried, canned or frozen fruits and vegetables as snacks.
 - Leave small boxes of dried fruits or bananas in a bowl on the kitchen table. Or keep washed cut fruits such as peeled orange sections within easy reach in a covered container in the refrigerator.
 - Have your grandchild drink water or low-fat milk at snack time.
 - Hardly ever serve foods high in added sugars or fats as snacks.



Source: www.letsmove.gov/healthy-families

Let's Move — Often and More!

While kids are advised to be physically active for at least 60 minutes every day, it doesn't have to happen in the same hour. Encourage them to move often and move more, because it all adds up to better health!

Helping your grandchildren feel supported to be physically active, along with showing interest in their physical activities, will help them to be more likely to spend time being active. What else could you do? Here are some ideas to kickstart your thinking:

- Give your grandchild toys (such as balls, hula hoops and jump ropes) that will encourage him or her to be physically active.
- Spend fun and physically active time together as a family to get everyone moving. For example, spend an afternoon at a park. Dance to favorite music. Walk with your grandchild (such as to and from school, or around the block after a meal).
- Encourage your youngster to try a new physical activity.
- Limit television and other "screen" time to no more than two hours daily, and especially, keep the TV and computer games out of his or her bedroom.
- Make a new "family rule" that no sitting still is allowed during television commercials.

Source: www.letsmove.gov/active-families

