

July/Aug 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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## **Coping with a Child's "Food Jags"**

Does your grandchild refuse to eat any food except macaroni and cheese? Or, is a peanut butter sandwich the only lunch that meets with approval from the youngster you are caring for? Food jags — which are the acceptance of only a particular food — are common in childhood and can be a big challenge to caregivers.

Your response to a child's food jag can help prevent food struggles. What to do? Offer small servings of the "approved" food AND a variety of other healthful foods. Do not focus on the food jag and the seemingly stubborn behavior. Know that even favorite foods will become tiresome in time. Food jags usually end before poor nutrition becomes a concern. Be reassured that children who are growing and active are likely eating enough.





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### Good (and Good-for-You!) Party Snacks

Your grandchildren are always learning from you — be a great role model for them! Encourage getting plenty of physical activity. Even during family celebrations, it's important to make sensible food choices. Serve and eat "nutrient-rich foods," which supply many important nutrients per calorie. Examples of nutrient-rich foods are: whole grain foods, fruits, vegetables, low-fat dairy products and lean protein foods. On the other hand, cut back on nutrient-poor foods (such as candy, soda pop, chips, cakes and cookies), which supply lots of calories from added sugars and fats but few nutrients.

What could you serve at a party with multiple generations that is both nutritious AND delicious? Ideas to consider are: fruit kabobs, low-fat frozen yogurt, cinnamon chips with fruit salad salsa (see recipes below), or a trail mix with several kinds of whole grain cereals, nuts and raisins. Remember to avoid giving children under 3 years of age nuts or raisins because of their risk of choking on them. Also, make it easy for everyone to wash their hands before digging into the snacks by providing disposable washcloths.

*Source: Adapted from T Kidd, Young Families, Kansas State University, Vol. 12, #2*

#### Cinnamon Chips

- 4 whole wheat flour tortillas
- 1/4 cup sugar
- 1 teaspoon cinnamon

1. Preheat oven to 350 degrees.
2. Cut each tortilla into 8 strips or wedges.
3. Spray a baking pan with non-stick cooking spray. Place tortilla strips on the baking pan. Spray tortilla strips lightly with the cooking spray.
4. In a small mixing bowl, combine sugar and cinnamon. Sprinkle the mixture lightly over tortilla strips.
5. Bake for 7 to 10 minutes, or until lightly browned. Makes 4 servings.



#### Fruit Salad Salsa

- 1 cup strawberries
- 1 kiwi
- 1 apple
- 1 banana
- 2 tablespoons lemon juice
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon

1. Rinse berries, kiwi and apple. Let drain.
2. Remove stems, skins and seeds, as needed. Chop or dice fruit into a serving bowl.
3. Gently mix together fruit and remaining ingredients.
4. Cover and refrigerate until serving time. Makes 4 servings.