

Wishing You Joyful Holidays and a Happy New Year!

December / January 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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Nourishing the Grandkids with Between-Meal Snacks

Offering your grandchild snacks is a great idea (EXCEPT as a reward for "good" behavior, which is not recommended). Choose consistent snacking times, such as mid-morning and mid-afternoon, or right after naps. Keep portions small enough that your grandchild can enjoy eating again at mealtimes. To avoid choking problems in young grandchildren, be sure to monitor the size of the pieces and the hardness of the foods that you offer, and do not allow children to run around while eating.

Many quick-to-serve foods and beverages can be nourishing snacks. If you choose to provide a packaged snack food, read the Nutrition Facts label to find foods low in added sugars, salt and saturated fat. Suggestions for no-cook or pre-cooked snacks include cool tap water served with: raw vegetables dipped in hummus, peanut butter, low-sodium salsa or salad dressing; unsweetened fruit; hard-boiled egg; milk with raw or cooked rolled oats or another unsweetened whole-grain breakfast cereal; whole-grain bread, pita, tortilla or crackers; milk; yogurt; and low-fat cheese.





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Increasing Indoor 'Active Time'

You can have a lot of fun playing inside with a young grandchild when the weather outside is harsh, while also encouraging physical activity. Here are some ideas:

- ♥ Skip, march, sneak slowly, jump, slide your feet, tip-toe, crawl, walk sideways and backwards, and roll around in some of the rooms in your house.
- ♥ Circle your arms at your sides, pedal an imaginary bicycle, shrug your shoulders, reach up high, bend down low, twist at your waist, do swimming front and back strokes with your arms, and give yourselves big bear hugs.
- ♥ Play imagination games, such as:
 - ♥ Acting out songs and stories.
 - ♥ Guessing which imaginary huge letters of the alphabet or numbers he or she has drawn in the air – first "draw" with hands, then with feet.
 - ♥ Pretending to play different musical instruments.
 - ♥ Moving like animals — hop like a kangaroo, wiggle your nose like a rabbit, pounce like a cat, waddle like a duck, stomp like a bull, wave your arms like an elephant's trunk, flap your arms like a bird, wiggle like a snake, gallop like a horse, jump like a frog, roll over like a pig in the mud, and swim like a dog.
 - ♥ Moving like tree branches in the wind, stomping and clapping like thunder, waving your arms like a lightning bolt, spinning like a tornado, moving up and down like an ocean wave, twirling like a leaf in the breeze, turning yourselves into rainbows.
- ♥ Throw a few empty plastic bags in the air and try to catch them before they land.
- ♥ Toss a balloon or a soft toy back and forth to each other, or into a box.
- ♥ Turn on lively music and dance.

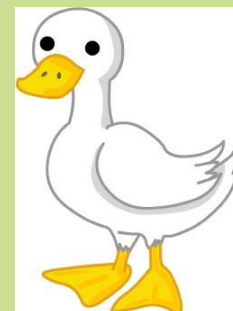


Image courtesy of www.DailyClipArt.net

Source: Adapted from [Get Moving Today Activity Calendar](http://www.healthychildcare.org/PDF/LetsMove%20CalendarENGLCalendarFULL.pdf), www.healthychildcare.org/PDF/LetsMove%20CalendarENGLCalendarFULL.pdf

Using Cost-Cutting Foods in Tasty Meals and Snacks

Feeding a grandchild adds to your grocery bills! Certain foods are typically lower-cost options all year, and many times they are also the advertised sale items at the grocery store. For protein foods, cooked dried beans and peas, lentils, canned tuna and peanut butter are generally the best buys. Lower-priced vegetables include potatoes, carrots, cabbage and canned green beans and tomatoes. For fruit, bananas, apples, raisins and 100% frozen juices are often the lowest in price. Large containers of rolled oats are both versatile whole grains and low in cost. For dairy, fluid milk is usually the best bargain.