

NEWSLETTER

CONGRATULATIONS! Your child has just completed our nutrition and health workshops. This newsletter will give you a sample of some of the topics presented by our nutrition educators during the program. We encourage you to read it over with your child, share your thoughts and ideas, and have them suggest some new ways to make healthier choices every day.

“Let me Help!”

No matter how young your children are, it is never too early to introduce them to some cooking basics.

Children love to be involved in the kitchen. It will take them time to grow before they can chop or handle things on the stove. Instead, help them stir, mash, and gather ingredients.



Children who tag along on trips to the grocery store learn how to be smart shoppers. They begin to understand why families choose certain products over others.

Children involved in food shopping learn the importance of budgeting. Help them compare prices. Help them make healthy food choices.



Measuring food helps children think about how much they eat at meal time.

Get Your Kids Moving

Physical activity is an important part of keeping your kids healthy. Exercise is not limited to big blocks of time spent at the gym or playing sports. It is easy to find small chunks of time during the day to be active.

Children can take “activity breaks” throughout the day by adding movements here and there.

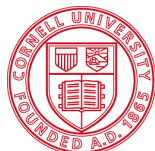
Little bursts of physical activity really add up. Kids improve their overall fitness in a very big way.



- March in place while waiting in the lunch line.
- Stretch and dance during television commercials.
- Do arm circles when you wake up every morning.
- Walk with friends to school or to the park.

A CHILD THAT HELPS IN THE KITCHEN:

- TRIES AND LIKES MORE FOODS
- GAINS CONFIDENCE, FEELS PROUD
- LEARNS EARLY MATH AND SCIENCE CONCEPTS
- LEARNS NEW VOCABULARY
- DEVELOPS SMALL MUSCLE SKILLS
- LEARNS RESPONSIBILITY WITH CLEANUP



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DO Try This at Home

Frozen Fruit Pops

Nutritious snack kids will love to make, and eat!

- 1 can (8 ounces) crushed pineapple
- 1 cup (8 ounces) low-fat fruit yogurt
- 1 can (8 ounces) frozen orange juice concentrate, thawed

1. Mix ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy—about 60 minutes. Insert a wooden stick halfway through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Makes 4 frozen fruit pops.

More ideas:

Freeze in ice cube trays instead of cups.

Make **Frozen Fruit Pops** with any fruit or juice in your kitchen?

What's your favorite fruit combo?

Recipe Source: http://www.fns.usda.gov/tn/Resources/POC_topic3.pdf

Nutrition Facts

Serving Size 1 fruit pop (162g)

Servings Per Container 4

Amount Per Serving

Calories 80

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 18g 6%

Dietary Fiber < 1g 0%

Sugars 14g

Protein 2g

Vitamin A 0% • Vitamin C 45%

Calcium 8% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Don't forget!

Always wash your hands with hot soapy water before you cook.

Dealing with Picky Eating

You might think your child will never want to eat vegetables. Don't worry. For most children, picky eating is just a temporary part of growing up. There are many things you can do to encourage your child to try new foods.

Let your kids be "produce pickers" and help you pick out fruits and veggies at the grocery store or farmers' market.

Set aside time for your child to help out in the kitchen. Kids are more likely to try foods they help to make.

Share the adventure. Try new foods along with your child. Your child will learn to eat what you eat.



Offer choices. Instead of asking "Do you want broccoli for dinner?" ask "Which vegetable would you rather have: broccoli or carrots?"

Provide a variety of foods and let your child choose how much to eat.

Make meals a happy time. Talk about fun things as a family. Arguments during meals can cause stress and unhealthy attitudes about food and eating.

Be patient! It may take time, but eventually your child will grow to be a more adventurous eater.

NEWSLETTER Sources: "Jump into Foods & Fitness" Michigan State University Extension, 4-H Development Family & Consumer Sciences
USDA Food and Nutrition Service <http://www.fns.usda.gov/fns/> ChooseMyPlate.gov

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