



# Color Me Healthy NEWS

preschoolers moving & eating healthy

AUGUST

## Mealtime Is About More Than Just a Meal

You have worked all day and been away from your child for eight hours or more. Everyone is tired and hungry, maybe even a little cranky. On the nights where the stress of the day leads into the stress of the night, hit the pause button and worry less about what is on the table and more about spending time with the family. The evening meal does not always have to be perfect. Sometimes pancakes, eggs, or a simple sandwich is just fine. Eating together as a family is a great time to learn about each other's day. Try having a set of questions that each family member gets to answer. For example, "tell us one thing you did today you were proud of and one thing you hope you get to do again." Your family's standard may be "what was the best part of your day today?"



### How Can You And Your Family Eat More Fruits And Vegetables?

- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add bananas or berries to cereal or yogurt.
- Make a stir-fry, experiment with different vegetables or use what you have on hand.
- Use frozen or canned fruits and vegetables without added sauce or sugar when fresh is not available or is too costly.




### Wonderful Water


Our children (like us) don't drink enough water. Children need between 4-8 glasses of water per day to prevent dehydration and promote overall good health. Your child may need even more in hot weather. Here are some steps to help you and your family get the water they need.

- When your child asks for something to drink, serve water.
- Serve water with meals.
- Add lemon, lime, or orange slices to water.
- Let children keep a water bottle in the refrigerator.
- Let your child drink water out of a sports bottle like the athletes, it may encourage them to drink more.
- When you do serve soft drinks or fruit drinks, mix them half and half with water.


## Color Me Healthy Parent Bulletin Board



To encourage good eating habits in children, try not to barter or make deals with children using food, limit the amount of unhealthy foods kept in the house, and provide a variety of choices.



More screen time (TV and video games) is associated with unhealthy weights and poor fitness in children and youth.



Right-size portions. Serve reasonable portion sizes based on age to get and stay healthy.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

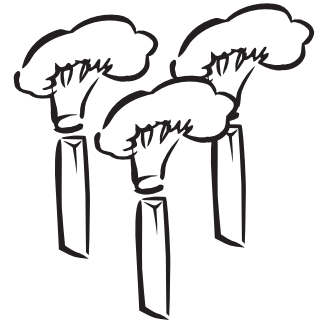
### A Forest Full of Color

#### INGREDIENTS

- 2 carrots cut into strips (or baby carrots or prepared carrot strips)
- 1 cup broccoli or cauliflower florets (or some of each)
- Ranch salad dressing

#### INSTRUCTIONS

1. Wash and cut up vegetables.
2. Put the carrot strips on a plate so they look like tree trunks.
3. Place the broccoli and cauliflower at the top of the carrot sticks as the top of the trees.
4. Put the Ranch dressing at the bottom of the carrots.
5. Dip the carrots, broccoli, and cauliflower in the dip and dig in!



## Food For Families On The Go

### Mushroom Beef Taco Filling *8 servings*

#### INGREDIENTS

- 4 cups (approximately 8 ounces) white mushrooms
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 tablespoons chili powder
- dash cayenne (optional)
- 4 tablespoons tomato paste
- 1 pound ground beef (97% lean), cooked and well-drained (can also use turkey or chicken)

Prep Time: 10 minutes  
Cook Time: 15-20 minutes  
Calories per serving: 98

#### INSTRUCTIONS

1. Chop the mushrooms finely. This can be done in a food processor.
2. Cook the chopped mushrooms in a hot skillet over medium-high heat until well done and no moisture remains, approximately 5–7 minutes. Remove the mushrooms from the pan and set aside.
3. Heat the oil in the skillet and add the onions. Cook for 1–2 minutes stirring frequently.
4. Add the seasoning and the tomato paste. Stir to combine.
5. Add the cooked mushrooms and the cooked and well-drained hamburger.
6. Add a little water if needed for everything to be well combined. Serve on corn or whole wheat tortillas.
7. Use the filling for tacos or taco salad with your family's favorite toppings.