



# Color Me Healthy NEWS

preschoolers moving & eating healthy

NOVEMBER

## Healthy Eating Tips... Encouraging Food Choices For A Healthy Diet

**BE PATIENT.** Young children may not be interested in trying few foods. Offer new foods more than once.

**BE A PLANNER.** Most children need a snack or two in addition to three regular daily meals.

**BE A GOOD ROLE MODEL.** What you do can mean more than what you say. Your child learns from you about how and what to eat. Eat meals with your child whenever possible. Walk, run, and play with your child, don't just sit on the sidelines. A family that is physically active together has lots of fun!



**BE ADVENTUROUS.** At the store, ask your young child to choose a new vegetable or fruit, from two or three choices. At home, your child can help you wash and prepare the food.

**BE CREATIVE.** Encourage your child to invent a new snack or sandwich from three or four healthy ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?



### Vegetables Seen In The Freezer Aisle

**F**resh vegetables are great, however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned vegetables are GREAT and will get you well on your way to getting the fruits and vegetables you need each day. Contrary to popular myth, frozen or canned fruits and vegetables are rich in nutrients. Frozen or canned vegetables are great to have on hand when you are in a hurry or need a quick side dish to round out a meal. Choose frozen vegetables without sauce or butter. Choose low-sodium canned vegetables or rinse well to reduce sodium. Try these quick and easy ideas:

- Add frozen peas to tossed salad. Just rinse for a few minutes under warm water and they are thawed and ready to go.
- Keep canned pineapple or other fruit on hand for quick desserts, topping for frozen yogurt or to serve on cereal in the morning. Choose fruit that is canned in juice instead of heavy syrup.



### We Can Be Active In The Fall and Winter

**I**t is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and winter. Don't let the cool temperatures discourage you:

- Go bird watching
- Clean the garage
- Rake leaves
- Stack firewood
- Go ice or roller-skating
- Go trick-or-treating
- Jump rope
- Play in the snow
- Go for a brisk walk

- Heat canned green beans in a skillet with a small amount of soy sauce for a slightly different taste.
- Add canned or frozen peas to macaroni and cheese.
- Stir canned corn into salsa for a chunkier texture.
- Add frozen, thawed chopped broccoli to rice.

## Color Me Healthy Parent Bulletin Board



Plan fun, family activities.  
Involve the kids in planning bike rides  
or an action-packed  
day at the park.



Mealtimes are  
more pleasant  
when you give  
small servings  
and let the child  
ask for more.



Don't cook different  
foods for each family  
member. Prepare  
healthy meals that are  
eaten by everyone.  
You decide what foods  
are served. Your child  
decides whether to eat  
or not.



## 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.*

### Maple Glazed Carrots

#### INGREDIENTS

- 2 cups miniature carrots
- 1/2 cup orange juice
- 3 tablespoons maple syrup
- 1 pinch nutmeg

#### INSTRUCTIONS

1. Pour orange juice into a 4-cup microwave safe dish.
2. Heat 1 minute on high. Add the carrots.
3. Stir to coat the carrots with the orange juice.
4. Cover and microwave 8 to 9 minutes on high.
5. Stir again, and then add the remaining ingredients.
6. Microwave uncovered 2 minutes on high.
7. Stir and check for doneness. Cook another minute on high if needed.



**NOTE:** Let your child try a raw carrot while the carrots are cooking. Discuss how different they taste after they are cooked.



## Food For Families On The Go

### Fifteen-Minute Soup *4 servings*

#### INGREDIENTS

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

#### INSTRUCTIONS

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
2. Stir in and break up spinach; bring to a boil again.
3. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.

Prep Time: 15 minutes  
Cook Time: 6-8 minutes  
Calories per serving: 106  
Fat per serving: 1 gram