

For the New Year, Invest in Good Health

Would You Like to Make a Good Investment in Your Child's Health?

Put your stock in nutrition! Studies confirm that lifelong food preferences and behaviors are established in childhood. Growing up with a balanced diet and healthy attitude toward food decreases one's likelihood of developing obesity, heart

we could make to create healthier environments. Think baby steps, simple, positive changes, which will encourage kids to eat the foods they need without turning the dinner table into a battle ground.

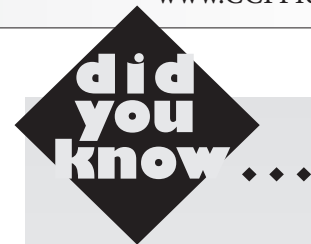
Encourage Healthy Attitudes

Send the message that mealtime is special. Eat together as a family as often as possible; even pull baby's high chair up to the table. Eating is social; turn off the TV and enjoy each other's company.

Serve Regular Meals and Sit Down Snacks

Regular is the key word here. Scheduling meals and snacks is much different than allowing children to nibble all day long, eat unconsciously in front of the TV, or refuse meals after filling up on crackers, chips and juice. Well-planned snacks are a perfect complement to meals, not license to indulge in cookies, candy, chips and soda.

(continued on page 2)



- ▶ 1 in 5 children in America face hunger.
- ▶ SNAP (Supplemental Nutrition Assistance Program and CalFresh in California), provides an average daily benefit of \$4.50, per person.
- ▶ SNAP eligibility is available to households with gross incomes of up to 130 percent of poverty.
- ▶ CalFresh benefits are electronically transferred to a plastic debit card.
- ▶ 25% of military families rely on food banks.
- ▶ 12 million children are served by Feeding America/Food Banks.

Sources: CalFresh, Feeding America

Quotable Quotes

“How come when you mix water and flour together you get glue... and then you add eggs and sugar and you get cake? Where does the glue go?”

– Rita Rudner

disease and cancer as an adult. So don't miss the opportunity to invest in your child's future.

Of course we all want to feed our families nutritiously, and most of us probably suspect that there are healthier food and activity choices

INSIDE:

- ◆ New Year's Resolutions for Kids
- ◆ Recipes
- ◆ Red Rover Tries New Food
- ◆ Food Funny

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— Continued from front page

Better snack choices include: fresh fruits and vegetables, whole grain bread, cereal and tortillas, low fat yogurt, milk, nuts and nut butters, legumes such as beans and lentils.

Honor the Division of Responsibility

Even if you are concerned a child is too skinny or too chubby. Ask your pediatrician to discuss your child's growth pattern with you and make a plan. Strict diets are not for children. Never single out one child for dietary modifications. In truth, we want all children and families to follow the very same sensible, healthy meal plan.

Successful feeding demands a division of responsibility. Parents and caregivers are responsible for what, when and where the child is fed. Children are responsible for how much he eats and whether he eats. If caregivers do their job with respect to feeding, children do their job with respect to eating.

~ Ellyn Satter M.S., R.D., LCSW

Strategies that Benefit the Entire Family

- Opt for whole grains whenever possible or for at least half of the day's choices.
- Switch to low fat milk after age two.
- Eliminate sugary drinks and limit juice to 4 ounces per day.
- Stock up on healthy snacks and dump the chips, bars and sweets.
- Serve small portions allowing for seconds or better yet, serve family style.
- Limit take-out and drive through mega meals.
- Make most meals with fresh or minimally processed foods.
- Serve fruits and vegetables with every meal and snack.

Make Certain Everyone Enjoys Physical Activities Every Day

Whether it is a walk around the block, a bike ride, chores in the yard or a rousing game of tag or hide and seek, find a way to develop an active lifestyle. Your efforts will translate into better moods, improved energy and better sleep.



Eating is one of life's great pleasures; certainly it should not be fraught with pressure, guilt and control. It should give a parent or caregiver great gratification to inspire children to enjoy a wide variety of healthy foods and find physical activities they enjoy. You don't need to be a nutritionist to know how much better you feel when you eat well and are physically active.

We can model for children our belief that healthy eating and activity are lifelong goals with their own rewards in good health. Sound simple? Of course it's not, anything worthwhile seldom is; it requires dedication and tenacity. But it's never too late to make better choices for ourselves and our families. Children are counting on us!

— Donna Green, RD
Contra Costa Child Care Council

KIDS' HEALTH & SAFETY

Healthy New Year's Resolutions for Kids

EVERY YEAR approximately one-third of all Americans make New Year's resolutions to follow a healthier lifestyle and improve their well-being. This year involve the children in finding resolutions they can follow to improve the health and balance in their life. Involve children in the process of making healthy changes to have a happy, healthy New Year!

Use the following New Year's tips from the American Academy of Pediatrics or help children come up with their very own list by brainstorming changes they'd like to make.

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs or other pets—even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.
- I will talk with my parent or a trusted adult when I need help or I am scared.

Kids, 5 to 12 Years Old

- I will drink water and low-fat milk every day, and drink soda and fruit drinks only at special times.
- I will put on sunscreen before I go outdoors on bright, sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!



- I will always wear a helmet when riding a bike.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends or who may have a hard time making friends—like someone who is shy, or is new to my school.
- I'll never give out private information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.

En español at: www.aap.org/en-us/about-the-aap/aap-press-room/News%20Features/Spanish-NewYears.pdf

— American Academy of Pediatrics, 12/13



Easy Oatmeal Squares

Rolled oats	4 cups
Sunflower seeds or chopped nuts	½ cup
Raisins or any chopped dried fruit	½ cup
Brown sugar	½ cup
Baking powder	1 tsp
Salt	½ tsp
Eggs	2
Milk	1 cup
Canola oil	2 Tbsp
Applesauce, unsweetened	2 cups

1. Preheat the oven to 325°F. In a medium bowl, combine all the dry ingredients. In a large bowl, whisk together the eggs, milk, oil and applesauce. Add the dry ingredients to the wet and mix together.
2. Spray 9×13 inch baking dish with cooking spray. Pour the mixture in the prepared baking dish and bake for 45 to 50 minutes, until the oatmeal is browned on top and a toothpick inserted in the middle comes out clean. Cut into 12 squares.

Yield: 12 servings

Meets requirement for grains/breads

— Simple Recipes

Roasted Brussels Sprouts and Squash

Brussels sprouts, trimmed and halved	1 pound
Butternut squash 1-inch chunks	2 pounds
Apple, 1-inch chunks	1
Shallots, thinly sliced	2
Sage leaves	15
Butter, melted	3 Tbsp
Maple syrup	2 Tbsp
Salt and pepper	to taste
Walnut halves, toasted or candied	1 cup

1. Preheat oven to 350°F. In a large bowl, combine the Brussels sprouts, squash, apple, shallot and sage leaves. Add the melted butter and maple syrup, season with salt and pepper; toss until everything is evenly coated.
2. Spread the vegetables in an even layer on a parchment-lined sheet pan. Roast, turning occasionally, until the sprouts are golden brown and tender, about 35-40 minutes.
3. To serve, transfer the roasted vegetables to a serving dish and top with walnuts.

Yield: 12 servings

Meets requirement for fruit/vegetable

— Adapted from Union Square Café, Tasting Table

Food Funny

Q: Why did the ants dance on the jam jar?

A: The lid said, “Twist to open.”

Activity Corner

RED ROVER TRIES NEW FOODS!

Have the children stand at one end of an open play space. Sing out the “Red Rover” chant, changing it to add the name of a healthy food, “Red Rover, Red Rover, if you’ve ever tried (broccoli) come over!”

All the children who have eaten that food should run to the other side of the play space.

More examples:

“Red Rover, Red Rover, if you’ve ever tried lentils, come over!”

“Red Rover, Red Rover, if you’ve ever tried bell peppers, come over!”

This can be played with or without someone tagging the children before they get to the other side. Continue picking healthy foods until all the children have had many turns to run to the other side. ■

This Nutrition Edition is brought to you by:



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**Contra Costa Child Care Council
Child Health & Nutrition Program**

Phone: (925) 676-6117

Fax: (925) 676-5829

E-Mail: nutrition@cocokids.org

Website: www.CoCoKids.org

Program Director Paula James
Co-Editor Donna Green, RD
Co-Editor Catherine Stafford