

KidFood

Healthy Eating for Today's Kids!



Cornell University
Cooperative Extension
Genesee County

July 2008
Volume 11, Issue 7

Family Fun

Family reunions are a great time to get together with family and friends.

It's fun to share memories and stories.

It's also fun to create new memories.

Small children love to play and eat with other children.

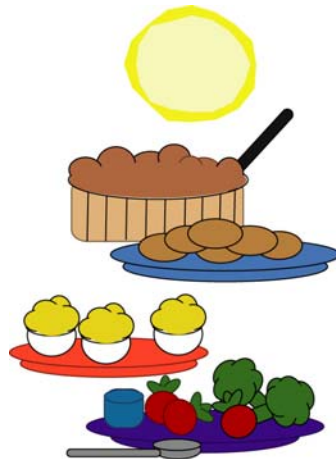
Favorite family foods are often served at family reunions.

These traditional family foods are often special foods which are made with a great deal of love!

Let your child see you and others eating and enjoying food.

Your child may want to try these new foods.

Small children may learn to like new foods at family reunions.



Your child may not like a new food when he eats it for the first time. Don't worry!

Children often have to try a new food 8 to 10 times before they might decide that they like it.

Don't give up!

Some children eat better at a family reunion.
Some children will eat worse at a family reunion.

It can be very frustrating if your child is a poor eater and your family or friends want to teach your child how to eat. This is not fun



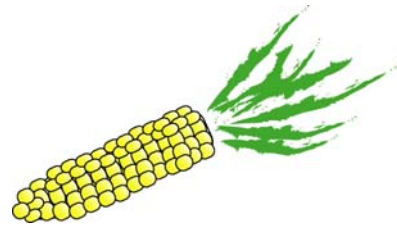
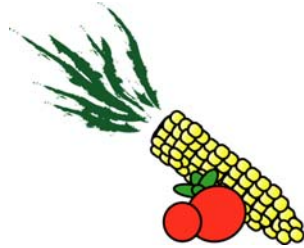
Avoid mealtime pressures and keep family reunions fun:

- ♥ **Let your child choose what he wants to eat.** Don't worry if he doesn't want to eat the fruit salad or hamburger casserole. There will be other healthy meals later.
- ♥ **Encourage your child to taste new foods.** Talk about what is in dishes. Ask your child if he wants a small taste from your plate.
- ♥ **Never force a child to taste or eat food, especially at a family reunion.** This is too much pressure for a small child in front of a large group. And your child will probably still not like the food. It is not worth it!
- ♥ **Don't talk about your child's eating habits.** Talk about what is happening in your life.
- ♥ **If someone wants to talk about your child's eating habits, change the topic.**
- ♥ **Let your child decide how much he wants to eat.** Never make your child clean his plate.
- ♥ **Don't bribe with dessert.** You and your child will only be disappointed if he cannot eat a certain food.

Kid Favorites

Bring along some favorite foods that children love!
Children are more likely to try new foods
if served along with familiar foods.

- ♥ Cut up watermelon, cantaloupe, kiwi fruit, strawberries, peaches, pears, blueberries, raspberries make fun finger foods.
- ♥ Spread ham slices with cheese spread and roll up.
- ♥ Cheese slices and crackers.
- ♥ Ham or turkey on whole wheat bread cut into 4 mini sandwiches.
- ♥ Baked tortilla chips and salsa.
- ♥ Raw vegetables (baby carrots, cauliflower, cherry tomatoes and broccoli) with dill dip.
- ♥ Peanut butter spread on crackers or bread.



Corn Cakes

- 1 ½ cups raw corn kernels
- 1 cup finely crushed saltine crackers
- ½ cup skim milk
- 2 eggs
- Salt and pepper to taste

Mix corn, crushed crackers, milk, eggs, salt and pepper together in a bowl.
Heat 1 tablespoon oil in a large skillet.
Drop 5 heaping tablespoonfuls of corn mixture on hot skillet. Cook for 2 minutes.
Turn with spatula and cook for 2 more minutes.
Remove from skillet. Repeat with remaining batter to cook 5 more cakes.

6 servings (1/2 cup serving) - 126 calories,
1.5 grams of fat, 21% calories from fat
and 1.5 grams of fiber in a serving.

Summer Corn

Enjoy this summer treat with your children!

Serve “corn on the cob” for dinner.
Small children love to chew corn off the cob.

Corn and Ham Casserole—Prepare scalloped potatoes according to directions on box. Stir corn kernels and chopped ham into potatoes before baking. Bake and serve!

Corn Salsa—Cut cooked corn off cobs. Combine 1 cup cooked corn with 1 cup salsa. Serve with corn chips.

Corn Fry

- 2 cups raw corn kernels
- 1 cup sliced zucchini
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons vegetable oil
- 1 large tomato, chopped

Heat oil in a large skillet.
Add corn, zucchini, onion and green pepper.
Stir and cook for 5 minutes.
Season with salt, pepper and other favorite seasonings. Add tomato and cook for 5 more minutes, stirring frequently.

6 servings (3/4 cup serving) - 119 calories,
4.5 grams of fat, 34% calories from fat
and 2.2 grams of fiber in a serving.

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