

KidFood

Healthy Eating for Today's Kids!



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Healthy Habits

Nothing is stronger than a habit.

Your young child is learning habits
that will last his lifetime.

You want him to learn "healthy habits"!

Eat Smart!

- Drink skim or 1% milk.

Children over the age of 2 years can drink skim or 1% milk – these milks are low in fat and calories. Choose a healthy milk for your family!

- Eat at least 5 servings of fruits and vegetables each day.

Serve at least 1 fruit or vegetable at every meal. Snack on fruits and vegetables.

- Drink more water.

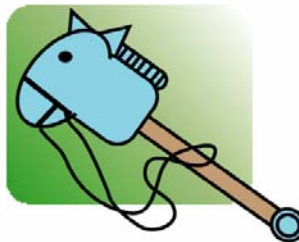
Water is a healthy choice.

- Limit soda and other sweet drinks.

Order milk or water if you eat away from home. Serve milk with meals at home. Do not keep sweet drinks in your refrigerator.

- Choose whole grains for at least ½ of your grain foods.

Eat more whole grain breads, pasta and breakfast cereals.



Be Active!

- Watch less television.

Try to watch 2 hours or less each day. Turn off the television during meals and snacks.

- Play together as a family.

Go for a walk, visit the park or play in the yard. Enjoy a sport together. Try skating, biking or hiking with your children.

- Go outside!

Children who play outside are more active. Find a safe place for your child to play.

- Find other children to play with.

Visit your local park or beach. It is fun to play with others.

- Join a play group or preschool program with other children.

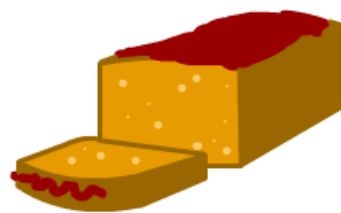
Enroll your child in the Head Start Program.

Carrots

Add carrots to some of your family's favorite foods – help boost their nutrition!

Shredded carrots can be added to:

- ♥ Lettuce Salads
- ♥ Boxed Casserole Mixes
- ♥ Breads or Muffins
- ♥ Canned or Dry Soups
- ♥ Meatballs or Meatloaf
- ♥ Sandwiches
- ♥ Tacos



Active Toys

Buy toys that help your child be more active this summer!

- **Children love balls.** All types of balls – large beach balls, soft balls, basketballs and soccer balls. Keep your child's balls in a large basket – ready to be play!
- **Tricycles, bikes and other riding toys are fun.** Find a safe area for your child to ride – park, bike trail, sidewalk or school playground.
- **Buy a wagon.** Children love to pull their favorite doll, stuffed animal or friend in a wagon. Wagons are also fun to pull around the yard, park or beach to pick up treasures such as rocks, shells and sticks.
- **Push toys are fun for small children.** Try toy shopping carts, strollers and others toys. Children love to copy what they see their parents doing.
- **Beach toys are fun for playing in the summer sand.** Pails, shovels, trucks and other toys can be used to make castles, houses, rivers and dams.

Mini Meat Loaves

A fun lunch for kids!

- 2 pounds lean ground beef or ground turkey
- 2 eggs
- ½ cup finely chopped onion
- ½ cup shredded carrots
- ½ cup barbecue sauce
- ½ cup crushed crackers

- 1** Crack eggs into a large bowl. Beat eggs with a fork until fluffy.
- 2** Add onion, carrots, ground beef or turkey, barbecue sauce and crushed crackers to eggs. Mix together.
- 3** Press ground beef mixture into ungreased muffin pan. Fill cups about 2/3 full.
- 4** Bake in a 375° oven for 20 to 25 minutes or until meat is no longer pink.
- 5** Remove meat loaves from muffin pan. Top each mini meat loaf with ketchup, salsa or shredded cheese if desired.

8 servings
(1/2 cup serving)
– 264 calories,
13 grams of fat,
44% calories from fat
and .6 grams
in a serving



Keep baby carrots in your refrigerator.

Children are more likely to eat a snack that is ready to grab and eat!

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