



# KidFood

*Healthy Eating for Today's Kids*

Nutrition Matters

May 2011

## A Child's Garden

*Plant it, Grow it, Eat it!*

### Start with a small garden.

- Create a small garden in your yard; maybe a 4 foot by 4 foot garden spot.
- Dig up the area and move some good dirt into the garden.
- Don't have space in the yard? Plant a garden in pots on your porch or patio.

### Plant some easy vegetables.

- Plant peas, beans, spinach, tomatoes, cucumbers or lettuce.
- Let your child plant the seeds or plants - roots down!



### Help your plants grow!

- Remove the weeds from around your plants.
- Let your child dig and rake the soil between the plants.
- Water your plants with tap water or rain water.
- Let your child catch rain water in small pails and pour water around the plants.
- Add grass clippings on top of the soil, around the plants. This will help keep the soil moist and warm for the plants.

# Spring Salad

*Serve this salad with a sandwich for lunch.*

## Ingredients:

- 2 cups fresh spinach or leaf lettuce
- 2 cups fresh strawberries
- $\frac{1}{4}$  cup sunflower seeds
- Low-fat Ranch salad dressing

## Directions:

1. Cut strawberries into slices.
2. Chop spinach into small pieces.
3. Toss spinach, strawberries and sunflower seeds together in a large bowl.
4. Top with salad dressing.
5. Toss salad and serve.



## Try something different:

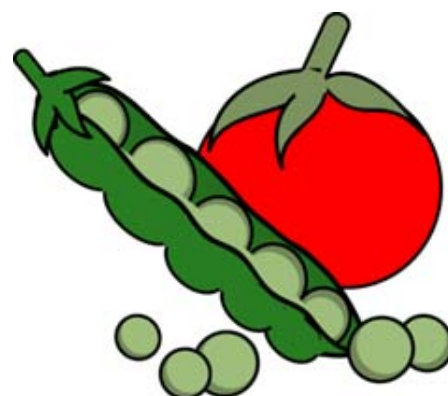
- Add raisins to your salad.
- Add mandarin oranges.
- Add chopped turkey or ham.
- Top with hard cooked eggs. Remove shells and slice.
- Sprinkle with shredded carrots.
- Use a mixture of lettuce - romaine, leaf lettuce and spinach.

**You don't need to be an expert  
to start a garden  
and grow vegetables.**

**Learn with your children.  
Create a love of nature  
together.**

# Eat Crunchy Vegetables

- ☺ Let your child eat raw vegetables from the garden. Simply wash and eat!
- ☺ Children like crunchy vegetables - try cherry tomatoes or grape tomatoes, pea pods and cucumbers.
- ☺ Most children do not like cooked spinach, but will eat spinach in a salad or sandwich.
- ☺ Chop spinach leaves and add to tacos, sandwiches or salads.
- ☺ Roll up deli turkey or ham in a spinach leaf or lettuce leaf.
- ☺ Remove peas from their pods. Add peas to your favorite soup or pasta. Cook for a few minutes.
- ☺ Cook green beans or peas in a bit of water in the microwave for a few minutes.



## What Can You Do?

- Plant a garden with my child this summer.
- Eat crunchy vegetables with my child.
- Make the Spring Salad for my family.
- Other: \_\_\_\_\_

## Be Creative

Encourage your child to decorate his garden with:

- ✓ Stepping stones
- ✓ Sticks, pinecones and leaves
- ✓ Bird feeder or wind chime
- ✓ Pretty stones or shells

Plant some easy flowers - marigolds and sunflowers.



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## Nutrition Matters

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