



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

November 2011

Easy Side Salads that Kids Love

Is half of the food on your plate fruits and vegetables? If not, add more...
Serve a side salad made with fruits or vegetables.

Broccoli and Raisins

Combine chopped broccoli and raisins with low-fat Ranch salad dressing.

Bunny Salad

Combine $1\frac{1}{2}$ cups shredded carrots and $\frac{1}{2}$ cup pineapple chunks together.
Stir in $\frac{1}{4}$ cup low-fat mayonnaise and $\frac{1}{4}$ cup orange juice.

Pineapple Orange Salad

Combine crushed pineapple (drained)
and mandarin oranges (drained)
with low-fat vanilla yogurt.

Easy Fruit Salad

Combine canned fruit of your choice
(peaches, pears, oranges)
with fresh fruit of your choice
(sliced bananas, chopped grapes or apples).
Top with a little shredded coconut.



Coleslaw

Combine shredded cabbage and carrots with low-fat Ranch salad dressing.

Orange Spinach Salad

Combine baby spinach with canned mandarin oranges (drained).
Toss with a small amount of low-fat Italian salad dressing.

My Lunch, My Way

Now that you've stirred together a salad, serve it for lunch:

- 😊 Turkey or ham sandwich with *Broccoli Raisin Salad*
- 😊 Peanut butter sandwich with *Bunny Salad*
- 😊 Baked chicken legs with *Pineapple Orange Salad*
- 😊 Meatballs with barbecue sauce with *Easy Fruit Salad*
- 😊 Small pork chop, whole wheat noodles and *Coleslaw*
- 😊 Spaghetti with tomato sauce and *Orange Spinach Salad*



Make half your plate fruits and vegetables!



What Can You Do?

- Offer a side salad at lunch time.
- Make half my plate fruits and vegetables.
- Create a safe place inside my home for children to play.
- Other: _____

Mealtime Parenting Tips

“Should I reward my child for eating vegetables?”



- No, rewards for eating can send the wrong message to your child. Your child may think that vegetables taste bad, if you have to reward him for eating them.
- Or he may overeat to receive a reward or your attention. Let your child learn to eat when he is hungry and stop eating when he is full.

“How can I encourage my child to eat vegetables?”

- Eat vegetables with your child. Children like to eat what they see their parents and others eating.
- Try serving the vegetables first on his plate - he may be hungry and more likely to eat them.
- Let your child decide how much of each food he will eat. Never force him to eat.

Play Inside

*It was a hot summer!
Winter is coming. Keep your child active and happy during the winter.*

Make a Play House

Use large cardboard boxes to create a Play House:

- Cut out doors, windows and secret hallways to connect rooms.
- Make a door out of cardboard.
- Tape the door onto the house with duct tape to make a swinging door.
- Decorate with stickers. Cut out pictures and tape onto boxes - flowers, birds.
- Draw pictures on the boxes and color with crayons.
- Create a roof for your house.



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