



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

April 2012

Shopping with Kids

Make a grocery list with your children.

Plan the meals for the week:

- ✓ What dishes you are going to make for lunch and dinner?
- ✓ What foods you are going to buy for snacks?
- ✓ What breakfast foods do you need?

Ask your child to help you make the list:

- ✓ Is there milk in the refrigerator?
- ✓ Do we need to buy more bread?
- ✓ Do we need breakfast cereal?
- ✓ Is there peanut butter in the cupboard?
- ✓ What fruits or vegetables are in the refrigerator?



Shop Together

Your child will feel special when he shops with you.

- ✓ Ask your child to help you find foods on your list - Where are the apples? Where is the breakfast cereal?
- ✓ Give your child his own list of a couple items. Let him find the foods on his list and put them into the cart.
- ✓ If your store has kid sized shopping carts, let him push the little cart through the store with you.

Helpful Hints:

- ✓ Go shopping when both you and your child are rested and not hungry. A good time to shop may be after breakfast or dinner, or after naptime.
- ✓ Bring a snack with you, just in case your child gets hungry. Bring along a few crackers or dry cereal in a small plastic bag or container.

Shop and Learn

Take time to talk to your child while you are shopping:

- ♥ How do sweet potatoes feel?
- ♥ Do you like the smell of bananas?
- ♥ Can you smell the pineapple?
- ♥ What color are the grapes? Apples?
- ♥ What is red in this aisle?
- ♥ Can you find a green food?
- ♥ What do you think is in this box or in this can?



Grocery shopping can be a fun time for your child to learn colors, names, words and foods.

Pick a fruit: Let your child choose a fruit while shopping. "What fruit should we buy this week?"

Pick a salad: Ask your child, "What fruit or veggie should we buy for our salad?"

Pick a cereal: Pick up 2 or 3 boxes of cereal, and ask your child, "Which cereal should we try this week?"



What Can You Do?

- Bake the Crunchy Fish Sticks for my family.
- Try some grocery shopping activities with my child.
- Be a good role model for my child when eating.
- Other: _____

Watch and Learn

The best way for your child to learn
to eat a healthy diet is by watching you.

Your child is watching the small signals that you are sending:

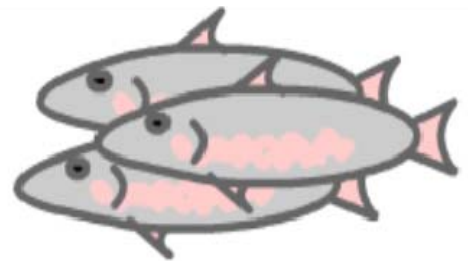
- If you make a strange face when you eat a certain food, he may believe the food is not so good.
- If you smile while you eat a new food, your child is more likely to try it and like it.
- Your tone of voice tells your child if you really like or dislike a certain food.
- If you or others say you don't like a certain food, he probably won't like it either.

Eat and enjoy the foods that you want your child to eat and enjoy!


Crunchy Fish Sticks

Fun and easy for kids to eat!

1 pound fish fillets (haddock, cod, catfish)
Dash of salt and black pepper
1 cup flour
1 egg
 $\frac{1}{2}$ cup milk
2 cups whole grain breakfast cereal flakes, crushed
 $\frac{1}{4}$ cup grated parmesan cheese
Vegetable oil spray



1. Combine flour, salt and pepper in a bowl. Combine the egg and milk in a separate bowl. Combine the crushed flakes and parmesan cheese in a separate bowl.
2. Cut the fish into long strips.
3. Dip the fish strips into flour mixture, then into egg mixture, and then into the crumb mixture.
4. Place coated fish strips on a baking sheet that has been sprayed with vegetable oil spray.
5. Spray fish strips lightly with vegetable oil spray.
6. Bake in a 400° oven for 15 minutes or until fish flakes easily with fork.



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