



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

February 2013

Happy Valentine's Day

*Share a special meal on Valentine's Day with your children.
Children feel special and loved when included in family meals and celebrations.*

Use a large heart shape cookie cutter to create a special dish for your family:

- ♥ **Heart Shape Quesadilla** - Cook a chicken and cheese quesadilla. Cut a large heart shape out of it. Or cut 4 to 6 small hearts out of the quesadilla.
- ♥ **Heart Shape Sandwich** - Cut the center out of slice of bread or tortilla. Make your favorite sandwich for lunch.

Enjoy Red Dishes in February:

- **Spaghetti and Meatballs**
- **Tomato Soup** - Serve with a grilled cheese sandwich.
- **Heart Shape Pizza** - Shape pizza dough into individual heart servings. Let everyone make their own special pizza using a variety of toppings - pizza sauce, cooked hamburger or chicken, chopped ham, mushrooms, onions, peppers, tomatoes and shredded mozzarella cheese.
- **Chicken Ragu** - Enjoy Chicken Ragu at your next family dinner.



Breakfast with Love

Heart Pancakes

- Spoon pancake batter on a hot skillet and shape into a heart.
- Top cooked pancakes with strawberry or banana slices.

Heart Toast

- Toast a couple slices of bread.
- Spread with strawberry jelly and cut out the center of the toast with a heart shape cookie cutter.

Breakfast Sandwich

- Toast a couple slices of bread and cut out the center of each with a heart shape cookie cutter.
- Top one slice of toast with a cooked egg and a slice of ham.
- Top with the other slice of toast.



Serve breakfast with a glass of 100% juice that is red or pink.

Hearts for Kids

Make a special family meal on Valentine's Day or any day of the year:

- ♥ Let your children help choose the menu. Have some special dishes that you make for special meals.
- ♥ Write little love notes to each child and hide them under their plates. Ask them to open the notes while you are sitting together. Read the notes for your children.
- ♥ Set the table with a red tablecloth.
- ♥ Ask your child to color placemats with lots of hearts.
- ♥ Dress in red or pink clothes for dinner.
- ♥ Dim the lights and light a candle while your family is eating.

Chicken Ragu

4 to 6 servings

- 1 pound ground turkey or chicken
- $\frac{1}{2}$ cup finely chopped onion
- 1 teaspoon garlic powder
- 1 can (28 ounces) crushed tomatoes
- 1 tablespoon dry Italian herbs
- Salt and pepper to taste
- Cooked noodles
- Grated parmesan cheese



1. Cook the ground meat and chopped onion in a skillet over medium heat until the meat is light brown.
2. Add the garlic powder, tomatoes, herbs, salt and pepper to the cooked meat. Simmer for 15 to 20 minutes.
3. Serve Chicken Ragu on cooked noodles. Top with parmesan cheese.

Eat and Smile

Remember when your child was a baby and you smiled at him while he ate baby food?

He still needs those smiles!

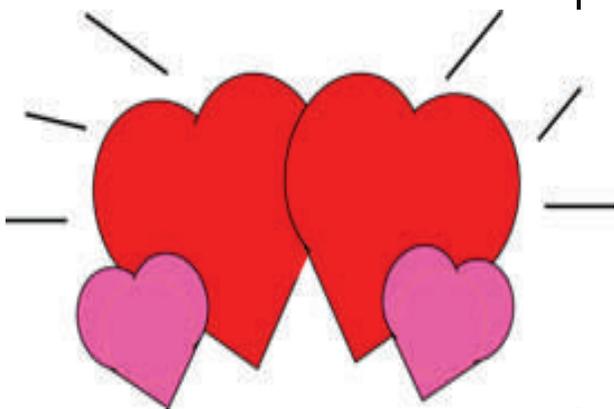
Smile while you and your children eat.

Talk about the fun activities that you do together.

Turn off the television and phones.

A happy child will eat better at meals.

When a child is stressed or unhappy, he may eat too much or too little.



What Can You Do?

- Enjoy a special meal with my family during February.
- Make the Chicken Ragu for my family.
- Smile and avoid stress while we eat meals.
- Other: _____





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