



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

May 2013

Eat Outside Often

Warm summer days make us think of picnics, whether at the park, in your backyard or on a porch.

Take lunch outside with your kids! It's fun to eat outside - kids love it!
Enjoy the warm sun and fresh air.
Any food can be a picnic food, but finger foods are especially fun.

Here are a few picnic basket ideas:

- Pretzels or whole wheat crackers, hummus or peanut butter, and strawberries or blueberries
- Cold cooked chicken legs, whole wheat rolls or muffins, and watermelon or cantaloupe wedges
- Turkey or ham sandwiches, raw vegetables and dip
- Chicken salad, whole wheat crackers, and oranges or bananas
- Grilled hamburgers or turkey burgers, canned peaches, pears or apricots

Remember to pack napkins and baby wipes, a plastic bag for garbage and a large family blanket to sit on.

Bring Water

Water is the perfect drink for picnics.
Bring along a large bottle of ice water!

Try New Foods

Picnics are a great time to encourage your child to eat different foods that he may have not tried before.



Celebrate Spring!

- ☺ **Take a Walk in the Park.** Bring along a camera, water bottle and a bag for treasures. Collect stones, sticks and other special items that your child finds in the park.
- ☺ **Look for signs of Spring** with your child - new leaves on trees, plants coming up out of the ground, birds making nests, flowers on trees or bushes, baby animals.
- ☺ **Have a Spring Cleanup.** Get out the rakes and garbage bags. Pick up paper, twigs, leaves, and litter. Help your neighbors clean up their yards.
- ☺ **Draw a City** on your sidewalk with chalk. Draw roads, homes, trees and bushes on the sidewalk. Children can ride their bikes or pull wagons in a make believe city.
- ☺ **Visit a Zoo.** Do any of the animals have babies? Who can find the babies first? How many babies do they have? What color are the babies?



Chicken Salad

Serve this salad in small plastic cups at your next picnic.

3 cups cooked chopped chicken
 $\frac{1}{2}$ cup finely chopped celery
 $\frac{1}{4}$ cup finely chopped onion
 $\frac{1}{2}$ cup low-fat mayonnaise
Salt and black pepper to taste

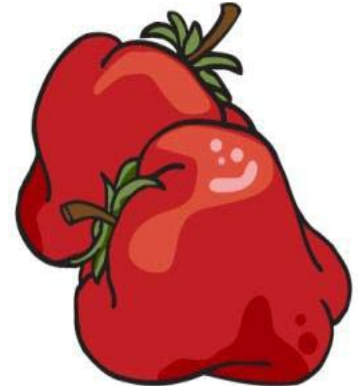
1. Combine chicken, celery, onion, and mayonnaise together in a bowl.
2. Season with salt and pepper. Cover and refrigerate.

Tip - Use a rotisserie chicken, leftover grilled or baked chicken in this recipe.

Tip - Chicken salad can be served in a pita - easy to hold and eat. Or wrap chicken salad in a whole wheat tortilla!

Strawberries

- Enjoy the fresh sweet taste of strawberries with your child - snack on fresh berries. Simply rinse and eat!
- Dip strawberries in a flavored low-fat yogurt.
- Add some sliced strawberries to a peanut butter sandwich.
- Top breakfast cereal or pancakes with sliced strawberries.
- Add sliced strawberries to a lettuce salad this summer - more flavor, and more vitamin C!



Strawberry Ice Cubes

1. Place sliced strawberries in an ice cube tray.
2. Cover the strawberries with apple juice.
3. Freeze.

Serve strawberry ice cubes in a glass of water on a hot summer day.



Strawberry Cooler

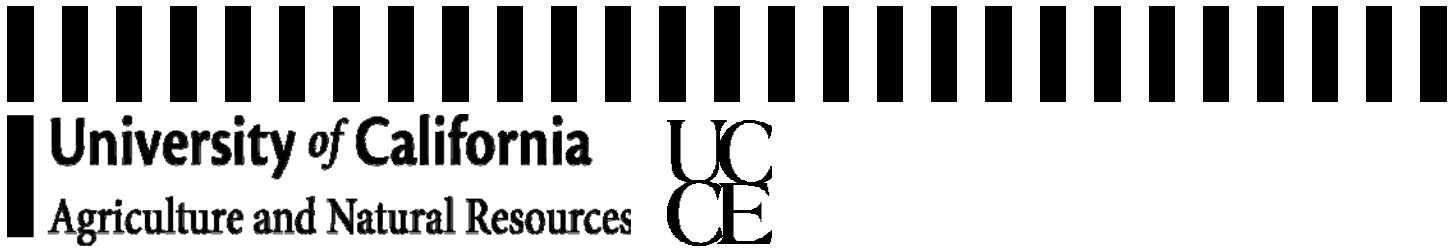
- 1 cup fresh or frozen strawberries
- 1 cup skim milk
- 1 frozen banana

Blend strawberries, skim milk and banana together until smooth.



What Can You Do?

- Eat some of our meals outside this summer - in the park or yard.
- Add strawberries to our meals and snacks.
- Be active with my child on most days.
- Other: _____



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