



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

October 2013

Pumpkin Patch

Visit your local Pumpkin Patch or Harvest Time Festival:

- ☺ Find the perfect pumpkin with your children.
- ☺ Decorate small pumpkins - draw a kitty face or funny face, use yarn or straw for hair, put a hat on your pumpkin.
- ☺ Choose funny looking gourds to take home.
- ☺ Go to an orchard and pick apples from the tree.
- ☺ Meet new animals in a petting zoo.
- ☺ Run through the corn or grass maze.
- ☺ Go on a wagon ride.
- ☺ Walk through the woods or fields.
- ☺ Climb hay stacks.
- ☺ Roll in the leaves or hay.



Talk to your child about the pumpkin or squash -
how it grew, how you will cook it, what it tastes like.

Buy a couple different types of squash to bake at home.
Children like to eat what they help to cook.

Enjoy the fall harvest with crisp apples or pumpkin custard.

Pumpkin Custard



- 2 cups canned pumpkin
- $\frac{3}{4}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- 1 can (12 ounces) evaporated non-fat milk

1. Combine the pumpkin, sugar, eggs, salt, and cinnamon together in a large bowl.
2. Add the milk and stir together. Beat the batter until smooth.
3. Pour batter into a baking dish that has been lightly sprayed with vegetable cooking spray.
4. Bake in a 350° oven for 50 to 60 minutes or until a knife comes out clean when inserted in the center.
5. Cool and eat!

Roasted Fall Veggies

- ♥ Carrots
- ♥ Parsnips
- ♥ Rutabaga
- ♥ Squash





1. Wash and peel vegetables of your choice. Cut into equal size pieces.
 2. Toss 6 cups of veggies with 2 tablespoons olive oil or vegetable oil. Sprinkle with salt and black pepper.
 3. Spread vegetables on a large metal baking sheet in single layer.
 4. Roast in a 450° oven for 30 to 40 minutes. Stir a couple times while roasting.
 5. Eat!
- ☞ Serve roasted veggies with a pork chop, hamburger patty or baked chicken.
 - ☞ Make a pasta dish with roasted veggies.





Use these simple eating rules with children....

1. Serve 3 meals at about the same times each day.
2. The kitchen is closed between meals and snacks.
3. Ask before you take food.

 Parents are the gatekeepers of food in their home. You choose which foods are bought at the store, what is served at meals and snacks, and what foods are in the cupboard and refrigerator.

 You can decide **what** foods your child eats for a snack. You might want him to snack on cereal or a banana, but not the tomatoes that you want to use in a salad.

 Teach your child to ask you before he takes food to snack on.

 You can decide **when** your child eats a snack. Create a schedule for snacks and meals, and limit snacking all day long. Don't let your child graze on food all day long. He won't be hungry at mealtimes and may refuse to eat. You may not want him to eat a snack, if dinner is going to be served in $\frac{1}{2}$ hour.



 Let your child decide **how much** he will eat at snacks and meals.

What Can You Do?

- Roast some fall vegetables.
- Serve 3 meals at about the same times each day.
- Visit a local Pumpkin Patch, Apple Orchard, or Harvest Time Festival with my child.
- Other: _____





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