



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

March 2014

## Crockpot Turkey Chili

Kids love this chili - serve with homemade tortilla chips, cornbread or saltine crackers.

- 1 pound lean ground turkey (at least 90% lean)
- 1 teaspoon vegetable oil
- 1 cup chopped onion
- 1 cup chopped red or green pepper
- 1 cup frozen corn
- 1 (14.5 ounce) can diced tomatoes
- 2 (14 ounce) cans low-sodium chicken broth
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder



1. Cook the ground turkey in a large skillet over medium-high heat. Break into small pieces while cooking. Cook until meat is no longer pink. Place the cooked meat in a Crockpot.
2. Heat the oil in the skillet. Add the onions and peppers. Stir and cook for about 4 minutes. Add to the meat in the Crockpot.
3. Add the corn, tomatoes, chicken broth, chili powder and garlic powder to the Crockpot.
4. Cover and cook on medium for 4 hours.

### Don't have a Crockpot?

Cook this chili on top of the stove in a large kettle over medium heat for 1 to 1 ½ hours.

### Homemade Tortilla Chips

1. Cut 6 whole wheat tortillas into wedges.
2. Lightly toss with 1 tablespoon of vegetable oil.
3. Place wedges on a large metal baking sheet.
4. Bake in a 350° oven for 12 to 15 minutes or until crisp.
5. Sprinkle lightly with salt or Cajun seasoning before baking, if desired.

## Active Families

- ☺ **Watch less television.** Watch 2 hours or less each day. Turn off the television during meals and snacks.
- ☺ **Play together as a family.** Go for a walk, visit the park, or play in the yard. Enjoy a sport together. Try skating, biking, or hiking with your children.
- ☺ **Visit a zoo or park in your city.** Many animals have babies in the spring. Look for the baby animals. Talk about how their mommy and daddy take care of them. Talk about how the animals are excited for the spring and summer to come.
- ☺ **Go outside with your children.** Children who play outside are more active. Find a safe place for your child to play.
- ☺ **Take family walks.** Have fun together while you walk - walk fast, walk slow, walk backwards, on your tiptoes, on your heels, walk sideways, jump or hop like your favorite animal.
- ☺ **Find other children to play with.** Visit your local park or beach. Children love to play with other children.
- ☺ **Join a play group or preschool program with other children.** Enroll your child in the Head Start Program.



## Active Toys

- **Children love balls.** All types of balls - large beach balls, soft balls, basketballs, and soccer balls. Keep your child's balls in a large basket - ready to play!
- **Tricycles, bikes, and other riding toys are fun.** Find a safe area for your child to ride - the park, bike trail, sidewalk, or school playground.
- **Push toys are fun for small children.** Try toy shopping carts, strollers, and others toys. Children love to copy what they see their parents doing.
- **Plan a garden together.** A child-size shovel, hoe, rake, or pail can be fun when weeding or playing in the dirt. Your child will love to help take care of plants and flowers with you.
- **Beach toys for playing in the summer sand.** Pails, shovels, trucks, and other toys can be used to make castles, houses, rivers, and dams

Choose whole grains for at least half of your grains.



- whole grain **breakfast cereals**
- whole grain **bread, rolls, buns**
- whole grain **crackers**
- whole wheat or soft corn **tortillas**
- **brown rice**
- whole grain **barley & bulgur**
- whole wheat **pasta**

Do you or your children seem to be hungry soon after meals?

Maybe you're not eating enough fiber.

Whole grains will help you feel full for a longer time.

Whole grains also help prevent constipation and upset tummies.

## Happy Tummies Love Whole Grains!

Use whole grain foods in your meals and snacks often.



### What Can You Do?

- Choose whole grains for at least half of my family's grain foods.
- Be active with my children on most days.
- Prepare the Crockpot Turkey Chili for my family.
- Other: \_\_\_\_\_



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE  
UNIVERSITY OF CALIFORNIA  
11477 E AVENUE (Building 306, DeWitt Center)  
AUBURN, CA 95603

Follow us on  [www.twitter.com/nutritionBEST](http://www.twitter.com/nutritionBEST)

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**ROGER INGRAM**, County Director  
**MICHELE FISCH**, Nutrition BEST Program Representative

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This should be obtained from a qualified health professional.

**University of California  
Cooperative Extension  
11477 E Avenue  
Auburn, CA 95603  
Phone: 530-889-7350  
Fax: 530-889-7397  
Email: [ceplacer@ucanr.edu](mailto:ceplacer@ucanr.edu)  
Website: <http://ceplacer.ucanr.edu>**

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