



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

July 2014

Let's Go to the Farmers' Market

A Farmers' Market can be a busy place.

Lots of people shopping and buying fresh fruits and vegetables.

It's good for your child to see others excited about eating fruits and vegetables.

- **Take your child with you to the market.** The bright colors, delicious smells and fun activities will help your child create happy memories. Your child will see you and others enjoying the Farmers' Market and he will, too.
- **Try a variety of fruits and vegetables.** Your child will learn how to buy fresh fruits and vegetables, and make meals and snacks with them.
- **Talk about where fruits and vegetables come from.**
 - Apples grow on trees. Carrots grow under the grow. Strawberries are picked off small bushes.
- **Talk about how you will cook different fruits and vegetables.**
 - We can make carrot muffins with these carrots.
 - Let's make baked apple slices for a snack.
 - We can cut this squash into small pieces and roast it.



Your child may not like a new vegetable when he eats it for the first time. Don't worry! New foods take time. Your child may need to try it 8 to 10 times before he eats it.

Don't give up!

Shop in the Season

Buy the amount of fresh fruits and vegetables that your family will eat within 3 to 4 days.

Don't overbuy! It's fun to go to the Farmers' Market often during the summer. Different fruits and vegetables are grown and sold in different months.

Your child will learn that some vegetables available often during the summer. Other vegetables such as strawberries are only harvested in the early summer.

Apples, pumpkins, and squash are only harvested in the fall.

Enjoy the seasons with your child.

Let's wash the Veggies!

"Kids love to play in water"

- Fill a large plastic dish with water in the kitchen sink.
- Pull a chair up to the sink for your child to stand on.
- Use a soft vegetable brush.
- Let him scrub carrots, beets, green beans, zucchini, and cucumbers.

Cook with Your Children

Let your preschool child help:

- Remove husks from sweet corn.
- Remove peas from pods.
- Snap the ends off green beans.
- Tear lettuce into little pieces.

Market Snacks

Use fresh fruits and vegetables from the Farmers' Market to make snacks for your family.

Cherry Tomatoes - Cut tomatoes into halves. Serve with low-fat dill dip or Ranch salad dressing.

Sugar Snap Peas - Rinse and eat. You can eat the pod and peas of sugar snap peas. If you're unsure what sugar snap peas look like, ask your local farmer.

Cucumber Boats - Peel small cucumbers and cut into halves. Scoop out the seeds with a spoon to create a small boat. Fill with a small amount of hummus.

Apple Sandwiches - Remove the core from an apple. Cut the apple into slices. Spread a little peanut butter between two apple slices.

Bowl of Berries - Rinse the berries that are in season such as strawberries, blueberries, raspberries, or blackberries. Fill a small bowl with berries and eat.

Dipped Berries - Rinse strawberries, blueberries, or raspberries. Dip berries in flavored yogurt and place on a tray. Freeze until yogurt is frozen. Eat! These are delicious on hot summer days.



Market Games

What's for Dinner?

Choose a fruit or vegetable that you want to buy at the market that day.

"Let's buy green beans today. Can you find the green beans?"

Fruit & Veggie Hunt

Make a game for your older children. Write a list of fruits or vegetables that your child can look for while in the market. See who can find all the fruits and vegetables first.

I Spy

Play "I spy" with your child while in the market:

"I spy a red vegetable, can you tell me what it is?"

"I spy a yellow fruit, can you tell me what it is?"

"I spy a dog, do you see it?"

"I spy an umbrella, where is it?"



Summer Corn on the Cob

Small children love to chew corn off the cob.

Enjoy this summer treat with your child!

Serve small servings of corn.

Cut or break corn cobs in half before cooking.

It's easier for a child to eat a smaller piece.

How to cook corn:

1. Remove the husks and silk from the corn.
2. Bring a large kettle of water to a boil.
3. Add the corn to the boiling water and cover.
4. Bring the water to a boil.
5. Boil the corn for 3 to 5 minutes or until tender.

What Can You Do?

- Take my child to the Farmers' Market this summer.
- Snack on fresh fruits and vegetables from the Farmers' Market.
- Let my child help wash or cook fruits and vegetables with me.
- Other: _____





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