



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

April 2015

## Potatoes for Kids

### Is Your Child Always Hungry?

Most children are!

Children grow fast and need energy.

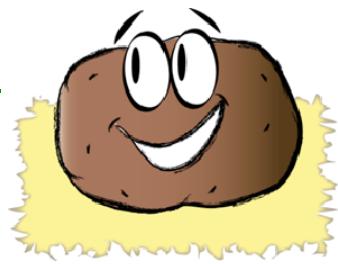
Potatoes can be part of the meals that help fill those hungry tummies.

**Skip the fried potatoes** - French fries, fried potatoes. They are full of fat and calories.

**Cook potatoes with flavor:**

- 😊 Bake potatoes and make party potatoes with your children.
- 😊 Boil and mash potatoes. Add flavor and nutrition with a variety of vegetables.
- 😊 Roast potatoes. Roasted vegetables are delicious!

### Do the Potato Mash



- Peel potatoes and cut into large chunks.
- Place potatoes in a saucepan. Cover with water and  $\frac{1}{2}$  teaspoon salt.
- Boil potatoes on top of the stove until soft. Drain water off the potatoes.
- Add a small amount of skim milk and mash.

**Let your child mash the potatoes. Children like to help in the kitchen.**

Add one of these flavors to 4 cups of mashed potatoes:

- 😊 1 cup finely cooked and chopped broccoli and  $\frac{1}{4}$  cup shredded cheddar cheese.
- 😊 1 cup cooked and finely chopped cauliflower and  $\frac{1}{4}$  cup grated parmesan cheese.



## Party Potatoes

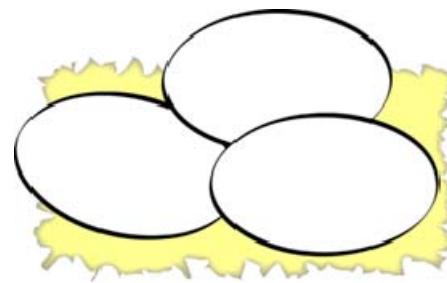
Cook a variety of toppings.  
Let children put together their own  
"Party Potato"!

### Bake Potatoes

1. Wash small potatoes.
2. Bake potatoes in 400° oven for 30 to 40 minutes or until soft when poked with a fork.
3. Cut potatoes on top and push open.

### Let children put on their favorite toppings:

- Ham and turkey cut into small cubes
- Cooked hamburger with taco seasonings
- Shredded cheddar or mozzarella cheese
- Cooked broccoli or cauliflower
- Cooked carrots or green beans
- Refried beans
- Black beans
- Salsa



## Eggs for Kids

**Egg Sandwich** - Scramble an egg and chopped cooked broccoli together. Cook egg in a skillet. Top with shredded cheddar cheese. Serve on toast.

**Egg Salad and Crackers** - Remove shell from hard cooked eggs. Chop eggs. Mix eggs with low-fat mayonnaise, salt, and pepper. Serve on crackers!

**Deviled Eggs and Ham** - Remove shells from hard cooked eggs. Cut eggs in half. Remove yolks and place in a bowl. Mix yolks, low-fat mayonnaise, salt, pepper, dash of mustard, and finely chopped ham. Spoon the mixture into egg whites. Serve!

**Peel and Eat Eggs** - Hard cook eggs are the perfect snack - just peel off the shell and eat! A great source of protein!

**Egg Burrito** - Layer scrambled eggs and chopped cooked ham on a tortilla. Roll up and eat.



## Plant a Garden

*Plant a garden with your child this spring!*

Maybe you are lucky enough to have your own garden space. If not,

- ✿ Plant a garden at a friend or relative's home, if they have a garden space.
- ✿ Look for a community garden. They often will rent garden space at a low cost. Call your Cooperative Extension Office for information.
- ✿ Plant in containers!

**Plant and grow vegetables with your child.**

**Your child will be more willing to try to eat the vegetables that he helps to grow.**

### Children can help!

- 😊 Dig with a small plastic hoe or shovel.
- 😊 Place seeds into a hole.
- 😊 Cover seeds with dirt.
- 😊 Give water to seeds and plants.



### What Can You Do?

- Make mashed, roasted, or baked potatoes for meals.
- Prepare meals and snacks using eggs with my child.
- Plant a garden.
- Other: \_\_\_\_\_



# University of California

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## Nutrition Matters

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