



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

April 2015

Potatoes for Kids

Is Your Child Always Hungry? Most children are!

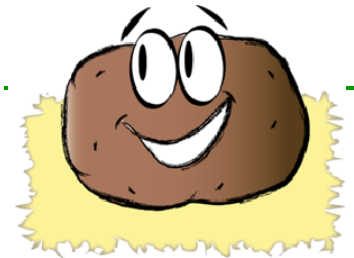
Children grow fast and need energy.

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

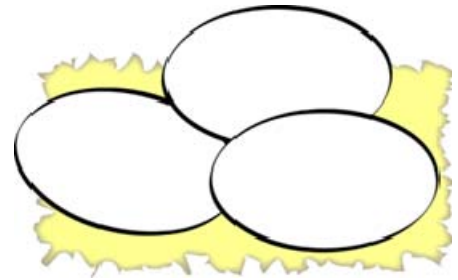
Cook a variety of toppings.
Let children put together their own
"Party Potato"!

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: _____

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