



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

June 2015

## Summer Play Time

**Go outside and play with your child!**

### Take time to teach your child something new:

- How to ride a bike with training wheels. Ride around the neighborhood together. Ride on a bike trail.
- How to throw and catch a ball. Stand a couple feet apart and let your child practice catching the ball. After a few catches, ask your child to step back a foot. How far can your child throw the ball?
- Learn how to cook some simple foods. Show your child how to spread peanut butter on bread or crackers. Let your child put a taco or quesadilla together.

### 8 fun summer activities for kids:

- Draw a hopscotch game with sidewalk chalk.
- Take small pails and shovels to the beach. Play with sand. Build sand castles.
- Learn the names of birds and other animals in the yard, park, or zoo.
- Find flat rocks and paint them.
- Do a scavenger hunt in the farmers market. Ask your child to find a red vegetable and a green vegetable.
- Start a collection of nature. Get a special box for your treasures - leaves, rocks, and acorns.
- Put together a picnic lunch. Go to the park. Sit on a blanket and eat.
- Play kickball with your child. Kick the ball to your child. Ask him to stop the ball and kick it back to you.



*Make memories with your child this summer.*

## Snack on Yogurt

*Yogurt is the perfect snack for your child's growing body. It is full of calcium and protein!*

Try some cool treats with yogurt this summer.

Freeze low-fat flavored yogurt and use in cones and yogurt sandwiches on hot days.

### Yogurt Cone

Fill a waffle cone with frozen yogurt.

### Frozen Yogurt Sandwiches

Let frozen yogurt soften a little.

Put a small scoop of frozen yogurt on a graham cracker.

Top with another graham cracker. Eat!



Fruit can be blended into frozen yogurt before making sandwiches.

Try blending in strawberries, blueberries, banana, or peaches!

## Strong Bones for Life

### Children grow fast!

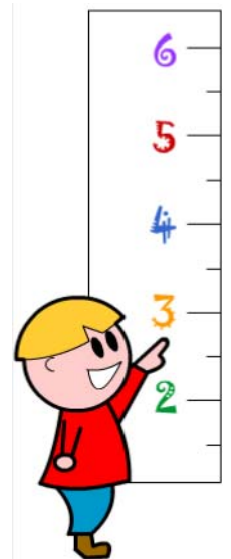
*An average preschool child can grow 2 to 4 inches each year.*

*It's no wonder that your child seems to grow out of all his clothes!*

*Your child needs plenty of calcium for his fast growing bones.*

### Drink milk at meals!

- Drink milk at meals with your child. Your child learns by watching what you and others enjoy drinking.
- Use a small cup for your child.
- Offer milk in a special cup.
- Pour a small amount of milk in the cup. If your child asks for more milk, pour more into the cup.
- Do not offer juice or other sweet drinks at mealtimes.
- Offer water to drink, if your child refuses to drink milk.



## Which Milk Should My Child Drink?

Children over the age of 2 years can drink skim or 1% milk.

All types of milk - whole, 2%, 1% and skim - have the same amount of calcium, vitamin D, and protein.

Skim and 1% milk have all the nutrition that growing children over the age of 2 years need without the extra fat and calories.

Preschool children need to drink 16 ounces of milk each day to get enough calcium.

### Does your preschool child drink 16 ounces of milk each day?

If not, offer other calcium rich foods.

These foods have the same amount of calcium in 4 ounces (1/2 cup) of milk:

- 4 ounces yogurt
- 4 ounces pudding
- 1 string cheese
- $\frac{3}{4}$  ounce cheese
- 1 cup cottage cheese
- $\frac{1}{2}$  cup calcium fortified juice



*Drinking milk at meals is a healthy habit  
for your child to learn.*

*When he grows up and goes to preschool or school,  
they will be serving milk at mealtimes.*

### What Can You Do?

- Play outside with my child this summer.
- Snack on yogurt.
- Drink skim or 1% milk with my family.
- Other: \_\_\_\_\_



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## Nutrition Matters

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