

KidFood

February
2016

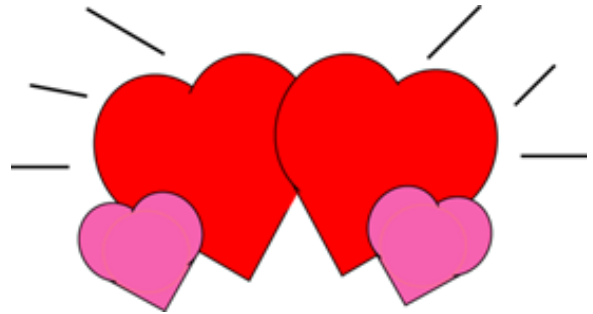
Healthy Eating for Today's Kids



Breakfast with Love

Heart Pancakes

- ♥ Spoon pancake batter on a hot skillet and shape into a heart.
- ♥ Top cooked pancakes with strawberry or banana slices.



Heart Toast

- ♥ Toast a couple slices of bread.
- ♥ Spread with strawberry jelly and cut out the center of the toast with a heart shape cookie cutter.

Breakfast Sandwich

- ♥ Toast a couple slices of bread and cut out the center of each with a heart shape cookie cutter.
- ♥ Top one slice of toast with a cooked egg and a slice of ham.
- ♥ Top with the other slice of toast.

Serve breakfast with a glass of 100% juice that is red or pink.



Family Meal Time

Make a Special Family Meal on Valentine's Day or Any Day of the Year

- Let your children help choose the menu. Have some special dishes that you make for special meals.
- Write little love notes to each child and hide them under their plates. Ask them to open the notes while you are sitting together. Read the notes for your children.
- Set the table with a red table cloth.
- Ask your child to color placemats with lots of hearts.
- Dress in red or pink clothes for dinner.
- Dim the lights and light a candle while your family is eating.



Chicken Ragu

4 to 6 servings

- 1 pound ground turkey or chicken
 - ½ cup finely chopped onion
 - 1 teaspoon garlic powder
 - 1 can (28 ounces) crushed tomatoes
 - 1 tablespoon dry Italian herbs
 - Salt and pepper to taste
 - Cooked noodles
 - Grated parmesan cheese
1. Cook the ground meat and chopped onion in a skillet over medium heat until the meat is light brown.
 2. Add the garlic powder, tomatoes, herbs, salt, and pepper to the cooked meat. Simmer for 15 to 20 minutes.
 3. Serve Chicken Ragu on cooked noodles. Top with parmesan cheese.





Table Talk

Tell a story about your childhood -
your favorite pet, games that you played,
who you played with and where.

Talk about what you did during the day -
tell a funny story about your work.

Ask your children what they did during the day -
what games they played, what they ate,
who they played with, what happened at school.

Plan family mini trips -
talk about where your family would like to
go for a vacation, who you would like to visit.

Eat and Smile



Remember when your child was a baby
and you smiled at him while he ate baby food?



He still needs those smiles!
Smile while you and your children eat.
Talk about the fun activities that you do together.

Turn off the television and phones.
A happy child will eat better at meals.
When a child is stressed or unhappy, he may eat too much or too little.



What Can You Do?

- Enjoy a special meal with my family during February.
- Make the Chicken Ragu for my family.
- Smile and avoid stress while we eat meals.
- Other: _____



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