

KidFood

April
2016

Healthy Eating for Today's Kids

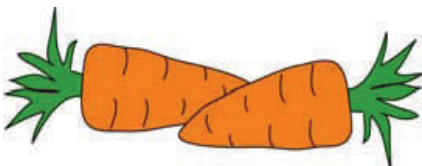


Veggie Time

Bunny Food

Carrots have lots of vitamin A for healthy vision, skin, and a strong immune system!

- Baby carrots are an easy snack.
- Shredded carrots make a fun finger food.
- Add finely shredded carrots to tacos.
- Add shredded carrots to soups and sauces.



Go for the Greens!

Green vegetables have not always had the best reputation. Some children will even refuse to eat anything green. Green is a great color!

Vegetable Fondue

Serve raw green vegetables (broccoli, zucchini, cucumbers, pea pods, and green beans) with a warm cheese dip. Warm the dip in a fondue pot. Dip veggies and eat!

Garden Greens

Toss shredded cabbage, lettuce, and spinach leaves together in a large bowl. Top with low-fat Ranch salad dressing.

Country Green Beans

Stir together diced ham and fresh, frozen, or canned green beans in a hot skillet. Serve!



Springtime Fun

Spring Play Time

Help your children stay active.

Limit television time to 2 hours or less each day.

Be active and have fun with your child:

- ☺ **Go on a Butterfly Hunt.** Purchase or make a net. Children love to run in the yard or park chasing butterflies. Talk about the different colors on their wings. Then let the butterflies go!
- ☺ **Plan a Treasure Hunt.** Hide items (plastic eggs, pinecones, colorful rocks) in your yard. Ask children to find them.
- ☺ **Use chalk to draw a city on your sidewalk.** Draw roads, homes, and stores on the sidewalk. Children can ride their bikes or pull wagons to their “homes” and “stores”.
- ☺ **Turn on the sprinkler in the yard on a hot day.** Children love to run through water and get wet.
- ☺ **Have a Spring Clean Up.** Get out the rakes and garbage bags. Pick up cans, paper, twigs, and leaves. Help your neighbors clean up their yards.
- ☺ **Wash the car together.** Make buckets of soapy water.
- ☺ **Take a hike in a park.** Bring along a camera, water bottle, bag for treasures, and bug spray.

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 large pots! Plant and grow vegetables with your child.



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

Visit the

[Bountiful Harvest Container Garden Guide](#) online for more garden tips and information!

http://ucanr.edu/sites/Nutrition_BEST/

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.

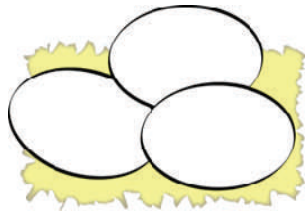




Eggs for Kids

- ☺ **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!



Baked Custard

- 4 eggs
 - ¼ cup sugar
 - 2½ cups low-fat milk
 - 1 teaspoon vanilla
 - dash of salt
 - dash of cinnamon or nutmeg
1. Blend eggs, sugar, vanilla and salt together in a bowl. Slowly stir in milk.
 2. Pour into a baking dish that has been lightly sprayed with non-stick cooking spray.
 3. Sprinkle with cinnamon or nutmeg.
 4. Pour 1 inch of hot water into a 9 x 13 inch baking pan.
 5. Place dish of custard into the 9 x 13 inch pan. This hot water will keep the custard smooth while cooking.
 6. Bake in a 350° oven for 50 to 60 minutes or until knife inserted in center comes out clean.
 7. Serve the custard warm or chilled.

Makes 6 servings

Top your custard with fruit for more flavor and nutrition.

Try sliced bananas, strawberries, peach slices, blueberries, raspberries, or mandarin oranges.



What Can You Do?

- Play together outside.
- Make healthy snacks with vegetables.
- Include the whole family in garden activities.
- Other: _____



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PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603

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ROGER INGRAM, *County Director*
KELLEY BRIAN, *Youth, Families & Communities Advisor*
MEGAN THOMPSON, *Nutrition BEST Community Education Specialist*

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**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucanr.edu
Website: <http://ceplacer.ucanr.edu>**

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