

KidFood

July
2016

Healthy Eating for Today's Kids



Crunchy Veggies

Simple and Delicious

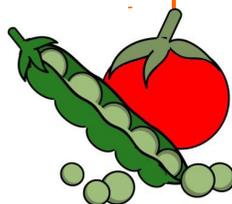
Most children prefer crunchy vegetables instead of soft, overcooked vegetables. Steamed vegetables are a quick and healthy side dish. Steam your veggies this summer or eat them raw.

Steamed Vegetables

1. Fill a pot with 2 inches of water.
2. Place a metal steaming basket with veggies in the pot.
3. Bring the water to a boil, cover the pot with a lid. Lower the heat to medium.
4. Steam the veggies for 5 to 10 minutes, until slightly tender and crunchy. Most vegetables will be cooked within 5 minutes.
5. Flavor with fresh lemon, herbs, garlic, salt, pepper, or cheese.

Try a variety of veggies:

Sliced carrots
Pea pods
Green beans
Snap peas
Zucchini



Eat Local Food

Take advantage of the summer – eat locally grown fruits and vegetables in season. They'll taste better, and be better for you.

Not sure what's in season?

- ✓ **Visit your local farmers' market** - Local farmers will be selling fruits and vegetables that are in season.
- ✓ **Talk to your local farmers** - Find out when strawberries, raspberries, melons, corn, apples, and other summer treats are in season and taste their best!
- ✓ **Ask your grocery store** - They will know which fruits and vegetables are in season, taste their best and are the best price.

Dip Your Veggies

Cool vegetables after steaming. Dip in low-fat Ranch salad dressing, dill dip, or hummus.

Raw or steamed vegetables are a fun finger food for children.



Taste of Tomatoes

Enjoy the flavors of summer! Enjoy fresh tomatoes!

Nothing tastes quite as good as tomatoes fresh from the garden.

You can even smell the flavor!

- Tomatoes are full of nutrients.
- They are an excellent sources of vitamin A and vitamin C.
- Tomatoes can be served in a variety of dishes.

Your child will learn to enjoy tomatoes. Your child's food likes and dislikes can change.

Don't be afraid to try new recipes with vegetables. Ask your child to taste new foods. He may love them!



Enjoy Tomatoes

- ☺ Make a fresh tomato salsa. Serve with baked tortilla chips for a summer snack.
- ☺ Eat tomato slices with your meals. Just rinse, slice and serve!
- ☺ Tomato slices can also be added to your favorite sandwich or salad.
- ☺ Add chopped tomatoes to pizza before baking it.
- ☺ Snack on cherry tomatoes and grape tomatoes. They're fun finger foods. (Be aware of choking hazards in young children). Cut in half.

Angel Hair Pasta with Tomatoes

A simple pasta that children will love!

- ☐ 2 cups cooked Angel Hair pasta
 - ☐ 2 tablespoons extra virgin olive oil or vegetable oil
 - ☐ ½ cup sliced zucchini
 - ☐ 2 large tomatoes, chopped into small pieces
 - ☐ 1 teaspoon diced garlic or garlic powder
 - ☐ 4 tablespoons fresh basil or 1 tablespoons dry basil
 - ☐ ¼ cup shredded Parmesan cheese
1. Heat oil on low in a skillet. Add zucchini slices and cook for 2 minutes.
 2. Add chopped tomatoes, garlic, and basil. Cook for 2 minutes.
 3. Add cooked pasta to sauce. Toss together and cook for 2 minutes.
 4. Sprinkle with cheese. Serve.



Makes 4, 3/4 cup servings

Stuffed Tomatoes

Wash and cut off the top of tomatoes. Remove the seeds and insides of tomatoes and refrigerate or freeze to use in soups or sauces.

Stuff tomato shells with:

- Macaroni and cheese – heat and eat!
- Cottage cheese
- Tuna or seafood salad
- Chicken or ham salad



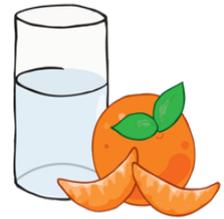
Is Your Child Hungry All the Time?

A small child needs to eat often – 3 meals and 2 to 3 snacks each day. If your child seems hungry all the time, he may be going through a growth spurt and needs to eat more.

Let your child decide how much he will eat at meals and snacks. Be sure your child gets enough water to drink between meals and snacks.

He may be thirsty and not really hungry.

- ✓ Drink water with your child - he will want to drink what he sees you drinking.
- ✓ Drink water during the day.
- ✓ Bring along a water bottle – get a cute child-size water bottle.
- ✓ Add ice to your water bottles.
- ✓ Flavor your water – add a slice of lemon, lime, orange, or fresh raspberries.
- ✓ Eat lots of fruits and vegetables – most contain up to 90% water.
- ✓ Eat fewer high salt foods – chips, canned soups, boxed pasta and rice dishes, and other processed foods.
- ✓ Remember to drink more water on hot days.



The last issue of KidFood will be October 2016.

Check out additional newsletters that UC CalFresh Nutrition Education Program provides.

Preschool Nutrition News

A quarterly newsletter to help preschool teachers and administrators be aware of how important it is to maintain a healthy lifestyle for themselves and their students. (English only)

Nutrition News

A quarterly newsletter to help teachers and administrators be aware of how important it is to maintain a healthy lifestyle for themselves and their students. (English only)

Shop Smart, Eat Well

A quarterly newsletter for CalFresh recipients and anyone interested in stretching their food dollars while maintaining a healthy diet. (English and Spanish)

Food Safety Update

This quarterly newsletter provides up-to-date food safety information. (English only)

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What Can You Do?

- Drink water with my child between meals and snacks.
- Steam a vegetable for dinner.
- Make the Angel Hair Pasta with Tomatoes.
- Other: _____



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