

# KidFood

September  
2016

Healthy Eating for Today's Kids



## Snacking Kids

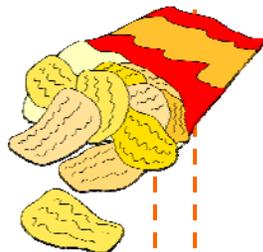
Children have small tummies and need snacks.

Three meals a day is just not enough. They need to eat 3 meals each day along with 2 to 3 snacks between these meals.

**Some children seem to snack all day long!**

**Can this be a problem? Yes!**

- Some children can become overweight. They may not be eating because they are hungry. They may be eating because the food is there and it tastes good. Some children also eat because they are bored. It is easy to overeat today.
- Some children can suffer from poor nutrition. Children who snack all day often do not finish meals because they may not be hungry at mealtimes. Their diets can be low in protein, iron, and calcium.



### Timing of Snacks

Offer snacks at scheduled times. Snacks are important, but your child also needs to eat meals with his family.

**Try to keep 2 hours between meals and snacks:**

- If lunch was served at 12:00pm, then try not to serve a snack until at least 2:00pm.
- If dinner will be at 5:00pm, try not to serve a snack after 3:00pm.

**Snacks need to be planned and nutritious!**

- Offer 1 snack between breakfast and lunch.
- Offer 1 snack between lunch and dinner.
- Offer 1 snack before bedtime.



## Snack on Fresh Fruit

**Peaches, pears, apricots** - enjoy peaches, pears, and apricots at the peak of their season – fresh and sweet on a warm summer day.

*There's no need to peel fresh peaches, pears, and apricots. Their tender skins are a good source of fiber, vitamins, and minerals. Just wash and eat!*

- 😊 Eat fruit as a finger food. Cut into small wedges for your child.
- 😊 Add fruit slices to a lettuce salad.
- 😊 Serve fruit with cottage cheese.
- 😊 Serve fruit with low-fat yogurt.
- 😊 Blend chopped fruit with yogurt and juice for a smoothie.
- 😊 Top your breakfast cereal with sliced fruit.
- 😊 Add chopped fruit to pancake or muffin batter.

## Decorate dinner plates with fresh fruit.

Put a few slices of fresh peaches, pears, or apricots on each dinner plate. Dinner will look good, taste good, and be good for you.



## Buy Fresh Fruit

- Avoid fruit with shriveled skin, mushy spots, dark brown spots, or cuts in the skin.
- Choose pears that are firm and slightly soft at the stem.
- Choose peaches that are firm to the touch, but not hard, and smell sweet.
- Choose apricots that are plump with a golden orange color.

*Unripe fruit will ripen at room temperature in 2 to 3 days, and then need to be eaten quickly. When fruit is ripe, it can be stored in the refrigerator for 3 to 5 days.*

*To save money, don't buy more than you plan to eat.*



## Wash Fruit Before Eating

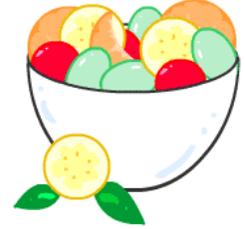
1. Wash your hands with warm water and soap for 20 seconds.
2. Rinse fresh fruit under running water. Use distilled water, if your water is unsafe.
3. Use a clean produce brush to wash hard rind fruit such as melons.
4. Cut off any bruised or damaged fruit.
5. Dry fruit with a clean towel.

**Always wash fresh fruit before eating, even if you plan to peel it. You could transfer bacteria from the skin into the fruit when cutting with a knife.**



## Fruit Salad

Makes 8, 1 cup servings



### 8 cups fresh or frozen fruit:

- Pineapple chunks
- Seedless halved green or red grapes
- Blueberries, raspberries
- Sliced peaches, pears, apricots

### Instructions:

1. Wash fruit, if fresh.
2. Chop into small pieces.
3. Mix fruit in bowl and enjoy.

### Variations...

- Mix in drained crushed pineapple.
- Include plain, low-fat yogurt.
- Top with crushed granola.
- Mix in a thawed can of 100% juice concentrate.

## The last issue of KidFood will be October 2016.

Due to budget cuts, the Nutrition BEST program is no longer funded and will end October 31, 2016. The last issue of KidFood will be October 2016. We thank you for your support and interest in our program. Check out these additional newsletters.

### 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?

- Eat peaches, pears, and apricots during the summer.
- Wash fruits before eating them.
- Comfort my child with love, not food.
- Other: \_\_\_\_\_





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