



# Color Me Healthy NEWS

preschoolers moving & eating healthy

OCTOBER

## Encourage Your Child To Eat Smart And Move More

### BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

### BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

### BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run,

and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

### BE ADVENTUROUS

At the grocery store, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

### BE CREATIVE

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.



## The Breakfast Club

Your mother always told you that breakfast was the most important meal of the day. Well, she was right. Children do better in school when they have a good breakfast. Getting children ready, yourself ready...it's a lot to do in the morning. However, the first meal of the day does not have to be a hassle. It can be quick, fun, and eaten on the run if necessary.

Here are a few tips for you and your family to break the fast:

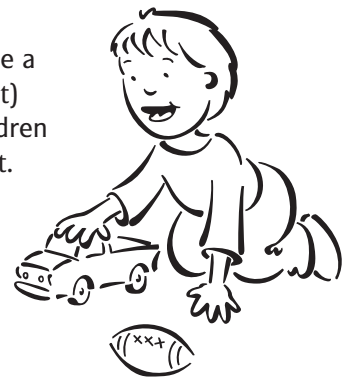
- A peanut butter and banana sandwich and glass of milk is a favorite. It gives them calcium, protein, and one serving of fruit.
- Top cold or hot cereal with fresh or canned fruit.
- A cereal bar and milk make a great, quick, on the run breakfast when you don't have time for a sit-down meal.
- Yogurt in a "to-go" tube is a good way to get a quick dose of calcium.
- Bagels with fruit spread or low-fat cream cheese are great on the go.
- Make egg sandwiches the night before, wrap tightly in plastic wrap and microwave to warm slightly in the morning for a quick breakfast.



## Indoor Play

It's raining, it's cold, it gets dark too early, and you feel your neighborhood is unsafe. All these point to the need to be physically active indoors. Make a fun area in the house for indoor play. Be creative so your children can stay active even if they cannot go outdoors.

- Turn on the music and dance. (Dance like a bird, elephant and other animals).
- Build a fort under the table or in a large box.
- Play on the stairs.
- Hop on one foot, hop on both feet, spin in a circle, call out different moves for your child to try.
- Play limbo using a broom and music.
- Play running games. Place a target (pillow or placemat) on the floor and ask children to run around and over it.



## Color Me Healthy Parent Bulletin Board

It's cold out, start your day with warm cereal. Oatmeal is almost as quick as cold cereal. Buy plain oatmeal and top with fruit such as applesauce, peaches, or berries.

Starting at age two, your health care provider should go over your child's weight and height.

Balance your food choices over time. Not every food has to be "perfect." When eating a food high in salt or sugar, select other foods that are lower in these ingredients. Your food choices over several days should fit together into a healthy pattern.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

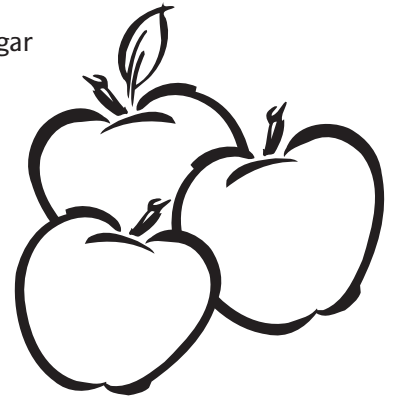
### Baked Apples

#### INGREDIENTS

- 2 apples
- 2 tablespoons brown sugar (optional)
- 1 tablespoon cinnamon

#### INSTRUCTIONS

1. Peel apples.
2. Cut apples into 1" pieces.
3. Sprinkle apple pieces with brown sugar and cinnamon.
4. Microwave for 30 seconds until soft.
5. Let cool for 1 minute.



## Food For Families On The Go

### Brown Rice Salad *4 servings (1½ cups)*

#### INGREDIENTS

##### Salad

- 1 avocado, cubed
- 2 cups cooked brown rice, chilled
- 1 orange, cut in small pieces
- 1 can black beans, rinsed and drained
- 1 green onion, thinly sliced
- 2–3 tablespoons herb (parsley, mint, cilantro, basil) (optional)

##### Dressing

- Juice from 1 lime or lemon (approximately 2 tablespoons)
- 2 tablespoons olive oil
- Salt and pepper to taste

Prep Time: 15 minutes  
Cook Time: 0 minutes  
Calories per serving: 337

#### INSTRUCTIONS

1. Combine avocado, brown rice, orange pieces, black beans, and onion in a large bowl.
2. Combine juice, olive oil and salt and pepper in a small bowl. Whisk to combine.
3. Pour dressing over salad and stir to coat.
4. Add herbs into large bowl with other ingredients and stir to combine.
5. Can be kept refrigerated for several days.