Kids & Food: Tips for Parents

Following some basic guidelines can help you encourage your kids to eat right and maintain a healthy weight. Here are some rules to live by:

- **Parents control the supply lines.** Keep the foods you want your children to choose on hand. Kids won’t go hungry. They’ll eat what’s available.

- **Kids get to choose what they eat from what is available or whether to eat at all.** This may seem like a lot of freedom, but if you control the supply, your kids will be choosing from the healthy foods you buy and serve.

- **Quit the "clean-plate club."** Let kids stop eating when they feel they’ve had enough. When kids notice and respond to feelings of fullness, they’re less likely to overeat.

- **Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a multiple times for a child to accept it.

- **Rewrite the kids’ menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment.

- **Drink calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids.

- **Put sweets in their place.** Occasional sweets are fine, but don’t turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

- **Kids do as you do.** Be a role model and eat healthy yourself. Choose nutritious snacks, eat at the table, and don’t skip meals.

### Avocado & Corn Salsa

1 avocado, diced
½ cup grape tomatoes, quartered
2 teaspoons lime juice

³⁄₄ cup frozen corn kernels, thawed
1 tablespoon fresh cilantro, chopped
¼ teaspoon salt (optional)

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour and then serve.
August 2017 Eat Smart Idaho Class Schedule

Tuesday August 1:
Healthy Food Pantry Demo @ CAP Food Bank – 124 New 6th St. – Lewiston, 1:00 to 3:00
Build Strong Bones @ Nezperce Resource & Recovery Center – 828 Main St. – Lewiston, 5:00 to 6:00

Friday August 4th:
Celebrate Eat Smart & Be Active @ Kroc Center – 1765 W Golf Course Rd. – CDA – 3:30 to 4:00

Tuesday August 8th:
Healthy Food Pantry Demo @ Post Falls Food Bank – 415 E. 3rd – Post Falls – 10:00 to 12:00
Healthy Food Pantry Demo @ CAP Food Bank – 124 New 6th St. – Lewiston, 1:00 to 3:00
Go Lean with Protein @ Nezperce Resource & Recovery Center – 828 Main St. – Lewiston, 5:00 to 6:00

Thursday August 10th:
Healthy Food Pantry Demo @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 10:00 to 1:00

Friday August 11th:
Make a Change @ Kroc Center – 1765 W Golf Course Rd. – CDA – 3:30 to 4:00

Tuesday August 15th:
Healthy Food Pantry Demo @ Post Falls Food Bank – 415 E. 3rd – Post Falls – 10:00 to 12:00
Healthy Food Pantry Demo @ CAP Food Bank – 124 New 6th St. – Lewiston, 1:00 to 3:00
Make a Change @ Nezperce Resource & Recovery Center – 828 Main St. – Lewiston, 5:00 to 6:00

Thursday August 17th:
Healthy Food Pantry Demo @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 10:00 to 1:00
Healthy Food Pantry Nutrition Demo @ Coeur d’Alene Assembly Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00

Friday August 18th:
Make Half Your Grains Whole @ Kroc Center – 1765 W Golf Course Rd. – CDA – 3:30 to 4:00

Monday August 21st:
Healthy Food Pantry Demo @ Post Falls Food Bank – 415 E. 3rd – Post Falls – 12:30 to 2:00

Wednesday August 23rd:
Healthy Food Pantry Demo @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 10:00 to 1:00

Friday August 25th:
Fruit & Veggies @ Kroc Center – 1765 W Golf Course Rd. – CDA – 3:30 to 4:00

Tuesday August 29th:
Healthy Food Pantry Demo @ Post Falls Food Bank – 415 E. 3rd – Post Falls – 10:00 to 12:00

Wednesday August 30th:
Healthy Food Pantry Demo @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 10:00 to 1:00

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Bonner, Boundary, Kootenai & Shoshone: 446-1680
Clearwater, Latah or Nez Perce: 883-2267
Idaho or Lewis: 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 446-1680 E-mail – kalig@uidaho.edu Web: www.eatsmartidaho.org


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