

Food for Thought

April 2018

Raise Children Who Eat Their Vegetables

It is possible to raise kids who like eating a wide variety of vegetables. The secret is to never bribe or threaten them about eating green or orange things. Just follow as many of these simple steps as you can:

Enjoy a variety of vegetables yourself. The most important thing that adults can do for children's eating is to model healthy habits. If you enjoy eating a wide variety of foods, including vegetables, children will see that as the normal thing to do. There's no need to make a big deal about your enjoyment, just make vegetables a tasty part of every meal. If you eat vegetables, so will your children.



Grow a vegetable garden. Most adults know that the taste of freshly-picked vegetables cannot be beat. Kids love to pick and eat almost anything that they have grown themselves. There is more than one way to grow your own fresh vegetables. You could use a container on the porch. If you have space, dig up a backyard plot. Or, join a local community garden.

Cut up vegetables for meals and snacks. Serve a small plate of bite-sized vegetables at every meal. Try broccoli trees, baby carrots, celery sticks, cucumber slices, sweet pepper pieces or sugar snap pea pods. If desired, add some low-fat Ranch dip or hummus. Kids will naturally get into a crunchy, healthy habit.

Serve bright, colorful vegetables. Everyone eats with their eyes first. Children (and adults) will find bright and colorful vegetables more appealing. Overcooked, mushy vegetables are likely to turn everyone off. Keep vegetables brightly colored and crunchy in texture when cooking them by steaming or microwaving them for just a few minutes.

Be adventurous with vegetables. When children see vegetables as tasty and fun, they are much more likely to enjoy eating them. Buy new items and try new recipes. These are some easy ways to make nutrition fun for children. Need ideas for making vegetables more adventurous in your kitchen? Visit www.foodchamps.org for recipes, games, coloring sheets and more.

Black Bean & Veggie Lettuce Wraps

1 cup low sodium black beans, drained and rinsed
½ cup red pepper, diced
½ c. onion, diced
¼ c. shredded carrots
¼ cup Southwestern salad dressing, low-fat

2 Tbsp. green onion, diced
½ c. corn, fresh, canned, or frozen
8 Romaine lettuce leaves
1 T. cilantro, chopped

1. In a medium bowl, combine black beans, red pepper, onion, corn, cilantro, and green onion.
2. Add salad dressing to bean mixture. Mix gently.
3. Place lettuce leaves on a plate or serving dish. Spoon the black bean mixture into lettuce leaves. Top with shredded carrots.



April 2018

Eat Smart Idaho Calendar of Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3 <u>Healthy Food Pantry Demo @ Bonner Community Food Center – 1707 Culvers Dr. – Sandpoint – 11:00 to 1:00</u></p>	<p>4</p>	<p>5 <u>Healthy Food Pantry Demo @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00</u></p>	<p>6</p>
<p>9</p>	<p>10 <u>Healthy Food Pantry Demo @ Bonner Community Food Center – 1707 Culvers Dr. – Sandpoint – 11:00 to 1:00</u></p>	<p>11 <u>Choosing to Move More Throughout the Day @ Lake City Community Food Pantry – 6000 N. Ramsey Rd – CDA – 11:00 to 12:00</u></p>	<p>12 <u>Healthy Food Pantry Demo @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00</u></p>	<p>13</p>
<p>16 <u>Choosing to Move More Throughout the Day @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 4:00 to 5:00 – call Post Falls Food Bank to register – 208-773-0139</u></p>	<p>17</p>	<p>18 <u>Choosing More Fruits & Veggies @ Lake City Community Food Pantry – 6000 N. Ramsey Rd – CDA – 11:00 to 12:00</u></p>	<p>19 <u>Healthy Food Pantry Demo @ Moscow Food Bank – 110 N. Polk – Moscow – 2:00 to 4:00</u></p> <p><u>Healthy Food Pantry Demo @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00</u></p> <p><u>Family Celebration @ Lakeland Head Start – 14797 Kimo Ct. – Rathdrum – 5:30 to 7:30</u></p>	<p>20</p>
<p>23 <u>Choosing More Fruits & Veggies @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 4:00 to 5:00 – call Post Falls Food Bank to register – 208-773-0139</u></p>	<p>24 <u>Healthy Food Pantry Demo @ Bonner Community Food Center – 1707 Culvers Dr. – Sandpoint – 11:00 to 1:00</u></p>	<p>25 <u>Fix It Safe @ Lake City Community Food Pantry – 6000 N. Ramsey Rd – CDA – 11:00 to 12:00</u></p>	<p>26 <u>Healthy Food Pantry Demo @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00</u></p> <p><u>Family Celebration @ Post Falls Head Start – 106 W. 9th – Post Falls – 6:00 to 8:00</u></p>	<p>27 <u>Family Celebration @ Sandpoint Head Start – 101 Euclid Ave. – Sandpoint – 3:30 to 6:30</u></p>
<p>30 <u>Fix It Safe @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139</u></p>	<p>For Information on Eat Smart Idaho’s FREE classes or to schedule your own series of classes, contact the Nutrition Advisor in your county:</p> <p>Panhandle Counties (Benewah, Bonner, Boundary, Kootenai & Shoshone) 446-1680</p> <p>Latah 883-2267</p> <p>Nez Perce or Clearwater 799-3096</p> <p>Idaho or Lewis 983-2667</p> 			

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

Sources: <https://food.unl.edu/NEP/NEP%20Documents/Black%20bean%20and%20veggie%20wraps.pdf> ;
<http://www.myeatsmartmovemore.com/Texts/FruitsAndVeggies/5SmartWaysToRaiseChildrenWhoEatTheirVegetables.pdf> retrieved 03/29/18

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