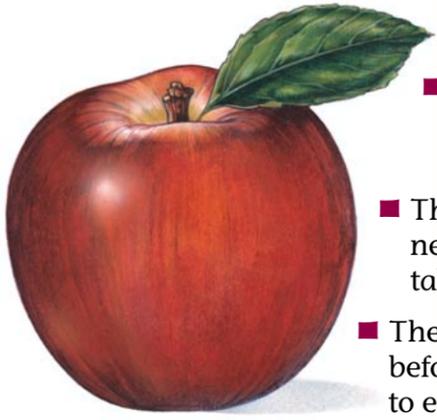




Watch Your Child Grow and Glow. Help your child eat better and have happier meals.

It is common for children to be unsure about new foods:



- They may not want to try new foods, unless they can learn about them slowly.
- They will usually learn to like new foods as they see it on the table and see you eating it.
- They will test foods many times before they know it well enough to eat it.

It is common for toddlers to explore their own ideas about eating:

- Let him learn in his own way – look, feel, mash, and smell.
- Don't make her eat anything she doesn't want to eat.

It is common for toddlers to have irregular eating patterns:

- What they eat one day, they may not eat the next.
- They can eat a lot one day and hardly anything the next.
- They usually only eat one or two foods at a meal.

Celebrate Your Life Together!

- Take time to eat together and talk together.
- Serve meals and snacks at regular times everyday!
- Serve a variety of fruits and vegetables.



It's Energy in a Glass!

Offer water between meals and snacks, save juice and milk for drinking with food.



The Bottom Line

The parent or caregiver decides what foods to serve and sets meal times.

The child decides if and how much he is going to eat.

POTATO AND SQUASH SOUP

Ingredients

- 2 tablespoons vegetable oil
- 1 cup onion, finely chopped
- 3 cups potatoes, peeled and diced
- 2 cups butternut squash or zucchini, diced
- 2 cups low sodium chicken broth
- 1/4 cup green onion, sliced
- Salt and pepper to taste

What to do:

1. In a large saucepan, heat oil.
2. Add onions and cook until softened.
3. Stir in potatoes and squash.
4. Add chicken broth and bring to a boil.
5. Reduce heat and simmer 20-30 minutes or until vegetables are tender.
6. Stir in green onions and season to taste.





Fit WIC News

issue #4



Help your child develop a lifelong habit of activity!

One of the most important things you can do as a caregiver is to help your children lead healthy lives. Caregivers can make a positive difference in their children's health just by setting a good example!



FEEL GOOD



- Feel in Control:

- Park a distance from the store and walk.
- When you can, take the stairs instead of elevators.
- Get the whole family into the habit of walking after dinner. Parents and children can talk about the day while staying active.
- If time is limited, break up your activity into three, ten-minute sessions.

Let your children decide which outdoor play activities they want to do. Letting the children make the decision gives them a feeling of responsibility and freedom.

REMEMBER THE 1-HOUR GUIDELINE:

1 hour or more of active play a day - and
1 hour or less of TV or video games a day!



Here are some **fun** activities to try:

Ice Skating

Give two paper plates to each child, have them put one foot on each plate and slide around the space as if ice-skating.

Can you skate backwards?



HIDE AND SEEK

with a Twist!

Make it a game; hide some items around a room in the house or outdoors. Use a watch and time how fast it takes the kids to find the items. Try it several times and see if the kids can improve their times. Kids love a challenge and really enjoy seeing themselves improve!

MAKE ACTIVITY FUN!

Help your child enjoy activity because it is fun, not because it will help "slim down" or "bulk-up"!

Find other toddlers in your neighborhood and start a playgroup.

Excite your children to go outdoors where they can jump, climb, run, throw balls and frolic.

Take your child to the park on a regular basis.

Ideas from WIC Families:

- 1) I blow bubbles and my toddler chases them.
- 2) I make an obstacle course in the living room.
- 3) When they are young, just a walk around the block can be fun.
- 4) Sometimes we just put music on and dance around the living room.



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