

February



Make Every Bite Count

Here are some tips to get kids interested in trying new fruits and vegetables!

At the table...

- Do not force your children to eat
- Offer new fruits and vegetables first, when they are hungry
- Encourage your kids to feed themselves
- Keep conversations positive



At the grocery store...

- Have fun!
- Ask your kids to pick out a few fruits and vegetables to try
- While at the store, ask the produce manager to tell you about the produce in season



In a dish...

- Add vegetables to your favorite foods
- Include fruit as the dessert
- Add vegetables to pasta, soups, tacos, sandwiches, and stir-frys



In a beverage...

- Smoothies are a fun way to get nutrients from dairy and fruit groups
- Blend frozen fruit, 100% fruit juice, and low fat or fat free yogurt
- Experiment with different fruit and yogurt flavors



Outdoors...

Children love to grow their own food, whether it's in a garden or pot. Help your kids:

- Plant vegetables
- Pick vegetables
- Wash vegetables

In a shape...

- Children enjoy foods in fun shapes. Get creative and have some fun!
- Arrange fruits in a smiley face
- Arrange fruits and vegetables to create different animals or create your own animal



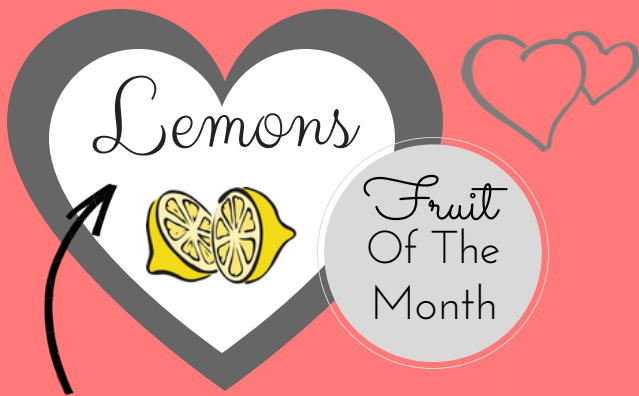
fit families

Eat Healthy

Be Active

Your kids
are watching





Lemons

Fruit
Of The
Month

With lemons being in season, try making your own lemon water that your kids are sure to love!

Make Every Sip Count

Instead of purchasing expensive flavored waters in the grocery store, you can easily make your own at home. Try adding any of the following to a cold glass or pitcher of water:

- Sliced citrus fruits or zest (lemon, lime, orange, grapefruit)
- Crushed fresh mint
- Peeled, sliced fresh cucumber
- Crushed berries



Make Every Bite Count

Chicken Vegetable Soup with Kale

You'll need:

- 2 tsp vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic clove (minced)
- 2 cups water (or chicken broth)
- 3/4 cup tomatoes (diced)
- 1 cup chicken, cooked, skinned and cubed
- 1/2 cup brown rice, cooked (or white rice)
- 1 cup kale (chopped, about one large leaf)



Directions:

- 1.) Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
- 2.) Add thyme and garlic. Saute for one more minute.
- 3.) Add water or broth, tomatoes, cooked rice, chicken and kale.
- 4.) Simmer for 5-10 minutes.

Kale



Veggie
Of The
Month

Eat Healthy, Be Active, Your Kids Are Watching

5 tips for becoming more active as a family

1. Set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times for physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

2. Include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting or vacuuming.

3. Enjoy the weather

Splash in the mud on rainy days when it is not storming, make snowmen in the snow, catch leaves in the air during fall, and climb trees when the weather is warm

4. Turn off the TV

Set a rule that no one can spend more than 2 hours per day playing video games, watching TV, or using the computer. Instead, play an active family game, dance to favorite music, or go for a walk.

5. Treat the family with fun physical activity

When it is time to celebrate with the family, do something active as a reward. Plan a trip to the park, or lake!

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Family project.