



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

October 2007

Harvest Time Festivals

Remember when you were a child
and visited the local pumpkin patch?
Or picked apples in an orchard?
Times have changed!

Today's farms offer pumpkin patches,
apple orchards and much more!

**Take a fun family trip.
Visit your local Harvest Time
Festival:**

- Find the perfect pumpkin in the pumpkin patch.
- Choose funny looking gourds or squash.
- Pick apples from the tree.
- Meet new animals in a petting zoo.
- Run through corn or grass mazes.
- Go on a wagon ride.
- Enjoy the fall harvest with crisp apples or pumpkin pie.
- Walk through the woods or fields.
- Climb hay stacks.
- Stuff a scarecrow.
- Roll in the leaves or hay.

♥ Harvest times will help your child learn how fruits and vegetables grow. It's a good time to eat fruits and vegetables with your child. Children like to eat new foods when they are having fun.

♥ Buy fruits and vegetables to take home. Talk to your child about the fruit or vegetable - how it grew, how you will cook it, what it tastes like. Children like to eat what they help to cook.

Create memories with your children.

Harvest time is a wonderful time to celebrate the season.





Shopping with Children

What is worse than grocery shopping when you are hungry?
Shopping with hungry children!

Children will always ask to buy foods that are not on your grocery list. But if they are hungry, they will ask for more.

Avoid stress that can ruin your day and budget:

- Shop without children when possible.
- Shop when your children are fed and rested - after breakfast or after lunch or dinner.
- If you need to do grocery shopping after a long day at work and daycare, offer a snack to your child before going to the store. Eat a banana or some crackers before going into the store. Don't shop when you or your children are hungry.
- Set limits in the grocery store. Tell your child what you will buy. Involve your children. Ask your child to choose a fruit or vegetable for dinner.



The Back up Plan

What do you do if your child still has a temper tantrum in the store?
Even the best plans can fail.

Sometimes you need to use a back up plan:

- ♥ **Do not bribe!** Bribing a child with candy or toys may work, but it gives the wrong message. Some children will believe that they are being rewarded for bad behavior. And they will have temper tantrums more often.
- ♥ **Remain calm.** Do not yell or spank your child. It can be confusing to a small child if his parent tells him to not yell or spank others, but his parent yells or spanks him.
- ♥ **Move your child to a quiet area in the store, away from others and talk to him.** Tell your child that you will need to leave the store if he does not stop. Talk to your child about what you plan to do - "we will pick up some milk and vegetables, and then we will be going home." A few quiet minutes may calm your child.



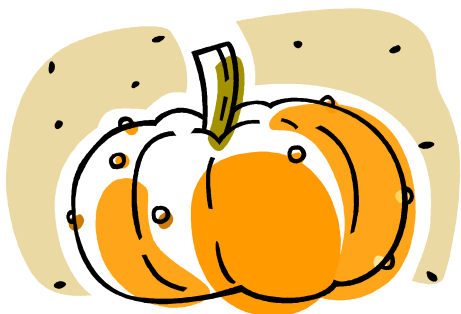
Pumpkins

Pumpkins are fun to carve and decorate.

Pumpkins are also good to eat!

They are a great source of Vitamin A.

Pumpkins have as much vitamin A as carrots.



Toasted Pumpkin Seeds

- ♥ Carve and decorate your pumpkin.
- ♥ Save the seeds for a fun autumn snack!
- ♥ Remove all the fibers and spread the seeds on a baking pan.
- ♥ Spray lightly with vegetable oil spray and toss the seeds to coat.
- ♥ Bake the pumpkin seeds in a 350° oven for 15 to 20 minutes, stirring occasionally.
- ♥ Season the seeds with salt, parmesan cheese, taco seasoning, garlic powder or your favorite seasonings.

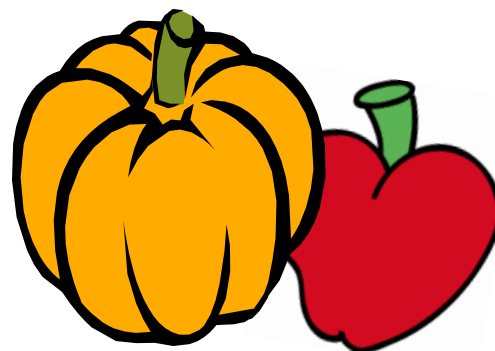
Pumpkin and Apple Soup

A sweet creamy soup that kids love!

- 2 cups pumpkin, seeded and scooped out
- 2 cups peeled and chopped sweet potato
- 3 medium apples peeled, cored and chopped
- 1 medium onion, chopped
- 2 cups water
- 1/2 teaspoon salt
- 1/2 teaspoon pumpkin pie spice

Directions:

1. In a large pot combine squash, sweet potato, apples, onion and water.
2. Cook over high heat until mixture comes to a boil. Reduce heat and simmer for 30 minutes or until vegetables and apples are tender.
3. Add salt and pumpkin pie spice. Remove from heat.
4. Add mixture to blender just until blender is half full. Blend until smooth and pour into a medium sauce pan. Repeat the process with the remaining mixture.
5. Heat soup in sauce pan until hot.
6. Serve.





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Nutrition Coalition

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