



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

August 2008

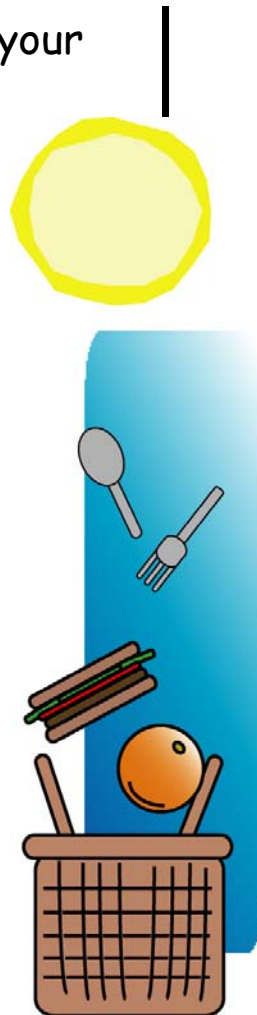
Pack a Basket!

Create a basket of fun for your family this summer:

- Find a picnic basket.
- Keep a special tablecloth in your basket.
- Pack plastic plates, forks and spoons. Don't forget the napkins and wet wipes
- Keep a blanket with your picnic basket.
- Be ready for a picnic!

Your picnic basket will create happy memories for your child. Small children love to eat with their family. Picnics are a fun way to eat together.

Put your tablecloth on a picnic table. Spread your blanket on the grass at the park or the sand at the beach. Enjoy eating together as a family.

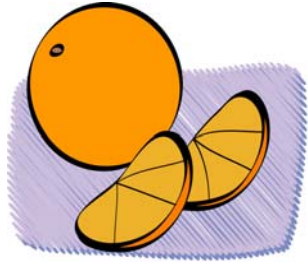


Fun Picnic Ideas

- ♥ **Make a Family Sandwich.** Use a large loaf of French bread. Cut the loaf lengthwise. Fill with your favorite foods such as sliced turkey or ham, cheese slices, lettuce, tomato slices and other foods. Cut your family sandwich into small sandwiches.
- ♥ **Pack a cheese, fruit and vegetable tray.** Bring along a box of crackers.
- ♥ **Enjoy a Summer Salad.** Serve with crackers or bread, and milk at your next picnic!
- ♥ **Make roll up sandwiches for your family picnic.** They make fun finger food.
- ♥ **Take time to play after eating.** Ride on a swing. Climb and slide with your children. Take a walk in the park or along the lake.

Enjoy the summer!

Bring Along Nutrition!



Pack a fruit or vegetable in every picnic. Fruits and vegetables can be added to sandwiches. But children usually like to eat their fruits and vegetables separately.

Bring along:

- Baby carrots and fresh snow peas
- Peas in a pod—shell and eat at the park!
- Cherry or grape tomatoes
- Banana or orange—peel and eat
- Plum or apple
- Kiwi—cut in half and eat with a spoon
- Mandarin oranges—pack in a small plastic container
- Blueberries, raspberries or strawberries—make fun finger food
- Watermelon or cantaloupe chunks
- Small cans of fruit with pop off lids
- Cucumber or zucchini slices

Bring low-fat Ranch dressing for dipping vegetables.

Chicken Salad Spread

2 cups cooked chicken, cut into cubes
1/2 cup celery, finely chopped
1 apple, finely chopped
4 tbsp. low-fat mayonnaise
Salt and pepper to taste

Directions:

1. Mix chicken, celery, apple and mayonnaise together in a bowl.
2. Season with salt and pepper.
3. Serve on whole wheat bread cubes, pita wedges or crackers.

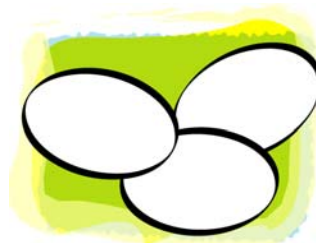
Egg Salad Spread

Black olives are optional.
Try it—they taste great in egg salad!

4 hard boiled eggs, shells removed and chopped
1/4 cup low fat mayonnaise
1 teaspoon garlic salt
1 tablespoon chopped black olives
Salt and pepper to taste

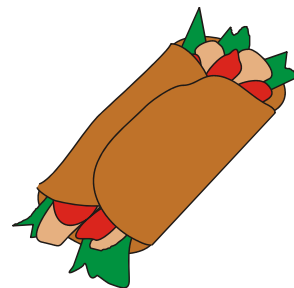
Directions:

1. Mix eggs, mayonnaise, garlic salt and black olives together in a bowl.
2. Season with salt and pepper.
3. Serve as an egg salad sandwich.



Roll Up Sandwiches

Use tortilla shells or flatbread to roll up your favorite sandwiches. Pack sandwiches in a cooler with ice. Keep sandwiches cold until you are ready to eat!



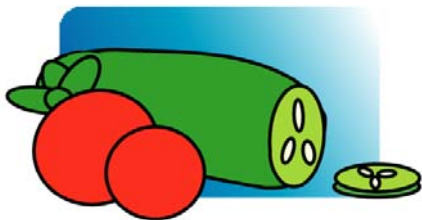
- Spread peanut butter on a tortilla shell or flatbread. Roll up!
- Layer thinly sliced ham or turkey on a tortilla shell or flatbread. Add a slice of cheese. Top with shredded lettuce and roll up.
- Make a Veggie Sandwich. Layer thin slices of cheese on a tortilla shell or flatbread. Top with sliced cucumbers, zucchini, lettuce, tomatoes or peppers. Roll up and eat!
- Bring a Chicken Salad or Egg Salad spread to your next picnic. Spread on tortillas. Roll up and enjoy!

Summer Salad

2 cups cooked rotini noodles
2 tomatoes, cut into wedges
2 cucumbers, cut into slices
4 ounces chicken, cut into small pieces
1/2 cup low-fat Italian salad dressing
Grated Parmesan cheese

Directions:

1. Combine noodles, tomatoes, cucumbers and chicken in a bowl.
2. Sprinkle with salad dressing and Parmesan cheese. Toss to coat.
3. Cover and chill in refrigerator for at least 30 minutes.



Summer Treats

- ☀ Summer berries taste wonderful! And they are full of nutrition. Pack strawberries, raspberries or blueberries for your next family picnic.
- ☀ Enjoy fresh berries as finger foods. Simply rinse fresh berries with water. Pack in a plastic container or bag.
- ☀ Toss fresh berries in pudding or yogurt. Pudding and yogurt are great sources of calcium for your child if you are unable to have milk at your picnic.
- ☀ Serve sliced strawberries, raspberries or blueberries on angel food cake.



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