



HCSF Newsletter

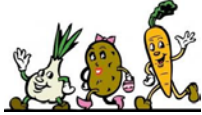
June
2011



June is National Fruits and Vegetables month! Looking for an easy way to get more of nature's bounty in your diet? We've got your answer...**snacks!** Check out our special **Snack With Your Kids** section. Planning some fun family gatherings this month? We've got lots of **games** for large groups that are sure to keep the kids entertained. Try an easy **summer soup** to start your meal and get everyone in on a rousing round of **water balloon toss** for a cool, refreshing and healthy backyard bash.

Games for a Gaggle!

Do you have a child's birthday party or a family cookout coming up? Check out these games that will keep lots of kids entertained!



Vegetable/Fruit Tag

How the game is played: When a tagger approaches a child in this game, he or she must squat down and say the name of a vegetable or fruit for protection, such as "Apple!" or "Carrot!" If the tagger gets you first, you also become "it" and try to tag other players. The game ends when there is no one left to tag.



Blob Tag

How the game is played: When the tagger tags someone, they join hands to form a tagging pair. They now chase while holding hands, moving as a "blob." When they tag someone else, that person joins hands and becomes part of the tagging blob. The members of the tagging blob have to work together to keep moving in the same direction to achieve their goal. The game is over when nobody is left. The last two people caught starts off the chain in the next round.

Snakes in the Gutter

Number of kids: 6 or more.



How the game is played: Depending on the number of kids, make at least three kids the snakes. Have the snakes form the gutter by standing in a line with wide spaces between them, facing the rest of the kids, who should be at a distance. The adult in charge (or a child) yells, "Snake in the gutter!" The children attempt to run through the gutter without being tagged by a snake. Those who get tagged are now snakes and stay in the gutter. Those who make it through can make another run through the gutter. But anyone who was tagged must join the snakes. Continue the game until everyone has been caught.



Backyard Bowling

Find household items that will tumble over easily, such as empty cereal boxes, empty milk or juice cartons, or small stuffed toys. Align them in rows like bowling pins. Then, using a smaller ball for older kids and a bigger ball for the young ones, have the children roll the ball. They score a point for each object they knock down. Have the kids race to the end of the "lane" to reset their pins and race back to the starting line.

Food Myth: One and done

"I don't like it!!" If your child doesn't like "it" the first time you offer "it", they won't ever like "it".

So...the family is at the dinner table and you're serving squash, or cooked carrots, or sliced tomatoes. Kiddo pokes at "it", maybe takes one bite and makes "the face", looking at you as if you've just served her plutonium, gags and maybe chokes it down... or maybe not.



That's the end of that, right?



NOT SO FAST!

It can take many repetitions (10-12 times) for kids to accept new foods. Be patient, while also letting your child know that you hope they will try the food. As your child gets used to seeing the food, he/she may decide to try it another time.

Some tips to encourage new foods:

- **Serve a new food with other favorite foods** – then mealtime is more positive.
- **Serve only a very small amount (e.g. 1/2 of a teaspoon) the first couple of times** – if it looks like too much, kids may get turned off. Don't worry or get upset if your child doesn't eat all of it, try to appear neutral if he/she refuses it, but don't give up.
- **Encourage taste-testing** – ask your child to have a "polite bite" of each food.
- **Involve the kids** – take them grocery shopping and ask them which fruits and veggies the family should buy; have them help with food preparation at mealtimes.
- **Be a role model** – Choose healthy foods for yourself and be positive about your choices.

Mealtime motto: Parents get to decide what food choices are offered. Children get to decide which foods they'll eat, and how much. That way, both sides have a say.

Eat Fresh! Fruits and veggies at their best this month:



Apricots
Beets
Bell Peppers
Blueberries
Cherries
Green beans

Peaches
Peas
Nectarines
Strawberries
Watermelon
Yellow squash



SNACKS WITH YOUR KIDS

Snacks are a great way to get more fruits and veggies into your family's diet. Many fruits and veggies are good raw, so you won't need to spend tons of time in the kitchen preparing them. These snacks are easy enough that kids of all ages can help prepare their favorites!

100 % juice popsicles. - Try making your own and experimenting with flavors!



Celery "subs". Simply fill sticks of celery with cottage cheese, cream cheese, or peanut butter. Pick up and eat, celery "subs" appeal to kids of all ages. Top with raisins for an extra treat!



Fruit sandwiches- slices of apples or pears with a filling of low fat cheese or peanut butter.



Mini muffin pizzas - top an English muffin with tomato sauce, lots of fresh veggies and a sprinkle of cheese and toast until cheese melts.



Fresh fruit dipped in low fat yogurt or applesauce.



Smoothies made with fruit. Try using frozen fruit and skip the ice cubes!



Carrot, zucchini or pumpkin bread - easy to make and sure to please.

Dried fruits such as raisins, blueberries, apricots, or apple slices.



Fresh fruits or veggies dipped in salad dressings such as poppy seed or balsamic vinegar.

Frozen fruit chunks- such as grapes, banana slices, blueberries or watermelon. A cool treat on a hot day!
Make frozen "banana-sicles" by putting a popsicle stick in a whole banana before freezing.

Cool Cucumber Soup

Soup in summer? You bet!
Cool, refreshing, and a great way to use up those garden fresh veggies!

- 1 large container low fat plain yogurt
- 1-2 large cucumbers, peeled, seeded* and chopped
- 1-2 Tablespoons fresh dill or chives (optional)
- Salt and pepper

*(After you peel the cucumber, cut it in half lengthwise. Take a spoon and scoop out the seeds.)

Place yogurt, cucumbers and dill or chives (if using) in blender. Whir to combine. Season with salt and pepper to taste. Refrigerate until serving. Whisk or shake well to combine just before serving.

This soup is great with some chopped tomato as a garnish!



Water Balloon Toss

This wet and wacky game is as refreshing as a dip in the pool. On a hot day, even if you drop the ball, you're still cool.



What you need:

- Gallon-size milk jugs (one for each player) to make "catchers"
- Scissors
- Masking Tape
- Ribbons
- Balloons (**PLEASE NOTE:** balloons are a choking hazard for small children – do not allow unsupervised play and pick up and discard any broken balloons immediately.)
- Have mom or dad create the "catchers" by cutting the bottom off a gallon-size milk jug (one for each player), taping the cut edges (use lots of tape, as the plastic can be sharp!), and decorating the handle with ribbons, as shown in the picture.
- Fill a bunch of water balloons to the size of a grapefruit.
- Let the kids loose! See how many times you can toss the balloons without breaking them or how far you can catch and throw them.



Contact Me!

If you've got a topic you'd like to see us cover in the newsletter, or you have a story about healthy changes your family has made that you'd like to share, email me at kate.cronin@famned.wisc.edu