



March 2018

Healthy Living With Head Start

Celebrate National Nutrition Month: Go Further With Food

We have all heard the saying, “you are what you eat”. Though none of us are in danger of turning into our last meal, there is a lot of truth to the idea that our body’s performance is reflective of what we choose to fuel it with. Here are a few suggestions to make sure your food is maximizing your family’s health and energy:

- * **Start your day right.** The first meal of the day will set the tone for how you feel the rest of the day. A balanced breakfast with a serving of protein, grain, and fruit will set you up for an energetic morning.
- * **Cut out convenience foods.** Resist the temptation to buy “heat and eat” food products. Prepared foods can make a hectic day a little easier, but you pay the price with empty calories, extra sodium, and unnecessary fillers that can bog you down.
- * **Make choices, not restrictions.** Avoid any diet or lifestyle that requires you to cut a food or food group out of your diet completely (except in the case of food allergies). A better way to get healthy is to make healthier choices throughout the day.

GO FURTHER *with* **FOOD**



Find more about **GO FURTHER** *with* **FOOD** at eatright.org

Go Further with Healthy Choices

A Healthy Smile Starts with a Healthy Diet

There are many foods that can help your family maintain good oral health. Fruits and vegetables are packed with vitamins and minerals that can give your family a healthy smile.



GO FURTHER *with* **FOOD** for your oral health by making these vitamins and minerals part of your day:

- * **Vitamin C** helps prevent gum recession and gingivitis. Add more vitamin C to your diet by eating oranges, grapefruits, tomatoes, and bell peppers.
- * **Fiber** stimulates saliva production which helps wash away food particles and helps protect teeth from decay. Try some celery, apples, and carrots to increase fiber in your diet.
- * **Calcium** helps keep teeth strong and healthy. Get all the calcium you need in milk, kale, yogurt, and cheese.
- * **Water** helps clean away food stuck on your teeth that could cause decay. Drink lots of water to help combat plaque and decay. Fluoridated water is a great choice because it helps keep your teeth strong and cavity free. If you do not have Fluoridated water, ask your doctor about supplements.

GO FURTHER *with* FOOD at Mealtime

Try New Foods: Trying new foods as a family can be a fun way to spice up family meals. Children may be hesitant to try new foods, but be patient and encourage bravery at the table. Be a good role model by trying foods with your child, even if they are not your favorite. Take time to talk about new tastes, smells, and textures to help familiarize children with new foods.

Focus on the Meal: Turn off all televisions and devices to make mealtime about the meal and your family. Avoid distractions to help everyone make healthier choices and give you quality time as a family.

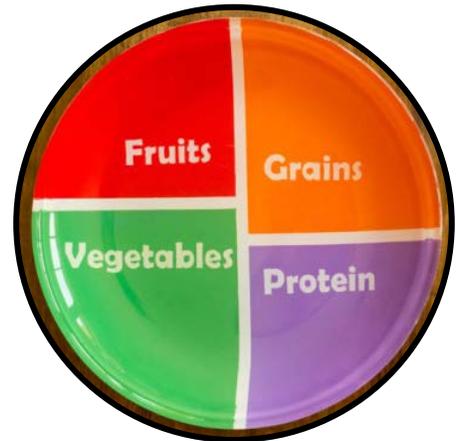
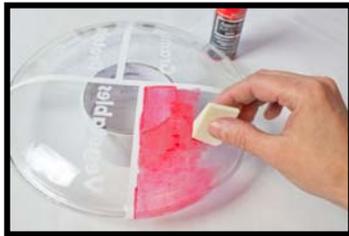
Setting Expectations: Letting your family know in advance what kind of behavior is expected at the table can help everyone enjoy the meal. Use mealtime as an opportunity to teach younger children about kindness, language skills, and the importance of social interaction by being a positive role model during meals.

GO FURTHER *with* FOOD and MyPlate

Children are never too young to start learning about healthy habits. Making individual MyPlate place settings can be a fun way to talk about healthy choices, portions, and moderation as a family.

Materials Needed:

- * Clear plastic or glass plates
- * Paint
- * Paint brushes/sponges
- * Stickers/decorations
- * Thin masking tape
- * Small letter stencils
- * Mod Podge or clear coat spray (optional)



Directions:

- * Choose a different color paint for each of the food groups (fruits, vegetables, protein, grains).
- * On the back of each plate, use thin masking tape to divide the plate into four sections.
- * Use the stencils to paint the name of the food group in each section (make sure to paint them on backwards so it can be read from the front side of the plate). Let dry.
- * Decorate each section differently with paints and stickers, then paint the background of each section with a different solid color. Let dry.
- * Remove tape dividing the sections and paint the entire back of the plate white. Let dry.
- * To make the plate washable, use Mod Podge or a clear coat spray on the back of the plate to seal when painting is complete.

Making Mealtime Memories

Quick Quiche Bites

Starting your day with a protein rich meal is the best way to make the most of breakfast. This warm and nutritious option can be made the night before and reheated in the morning. Quiche is as versatile as it is easy, you can fill it with just about anything you have on hand. This makes for a quick and inexpensive meal or snack to help your family **GO FURTHER** *with* **FOOD**.

Ingredients

- * 4 eggs
- * 1/4 cup 1% milk
- * 1/2 teaspoon mustard
- * Salt and pepper to taste
- * 1/4 teaspoon vegetable oil
- * 1/2 onion (diced)
- * 1/2 cup frozen broccoli
- * 1/2 teaspoon minced garlic
- * 1/2 cup shredded low fat cheese



Directions

- * Preheat oven to 375°.
- * Grease muffin tins (regular or mini muffins will work).
- * In a large bowl beat eggs, milk, mustard, and seasoning until foamy.
- * Heat oil in a medium pan, add the diced onion and cook until transparent.
- * Add broccoli and minced garlic and cook until tender. Take off heat and let cool.
- * Fill greased muffin tins 1/2 full with broccoli mix and sprinkle cheese over the top.
- * Pour egg mixture over cheese and broccoli to fill the tins (leave a little room at the top for the egg to expand when it cooks).
- * Bake for 12-14 minutes, remove from oven, and let cool slightly before removing (may need to loosen with a butter knife around the edges).



Newsletter created by: Amy Losee and Taryn More

Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

 Find us on Facebook: [facebook.com/foinc](https://www.facebook.com/foinc)

This Agency is an equal opportunity provider

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.