

Healthy Living With Head Start

Healthy Hydration



It can be easy to grab what is quick, cheap, or familiar when you are thirsty, but take a minute and see if you are making the best choices when filling your cup:

Drinking Do's

- * **Do** drink water throughout the day
- * **Do** choose lowfat milk for children over two years old
- * **Do** make water available for children throughout the day
- * **Do** stay informed on the benefits of having fluoride in water
- * **Do** make hydration a family affair

Drinking Don'ts

- * **Don't** wait until you are thirsty to get a drink - thirst is a sign you are already dehydrated
- * **Don't** drink sugary drinks throughout the day - these contain a lot of extra calories and not a lot of nutrients
- * **Don't** assume all liquids are equal - make sure you are informed about your drink and what it is doing for your health and hydration

What's in Your Milk?

Allergies, intolerances, life style, and trends can make dairy a tough topic. Because milk is so important in the growth and development of children, let's take a moment to flip that carton over to check the label:

Almond Milk 1/2 gal cost: \$3.18	1% Cow's Milk 1/2 gal cost: \$1.64	Soy Milk 1/2 gal cost: \$2.48
Protein 1 Gram	Protein 8 Gram	Protein 6 Gram
Added Sugars 6 Gram	Added Sugars 0 Gram	Added Sugars <1 Gram
Potassium 184 mg	Potassium 366 mg	Potassium 299 mg
Calcium 382 mg	Calcium 305 mg	Calcium 289 mg
Ingredients: Almond milk (filtered water, almonds), sugar, salt, locust bean gum, sunflower lecithin, gellan gum, calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2	Ingredients: Lowfat milk, vitamin A palmitate, vitamin D3	Ingredients: Soy milk (filtered water, whole soybeans), sugar, salt, carrageenan, natural flavor, calcium carbonate, vitamin A palmitate, vitamin D2, Riboflavin, vitamin B12

Cow's milk is high in protein, calcium, and potassium with no added sugar. Milk substitutes like soy milk and almond milk are manufactured to have some of the same nutrients, but fail to live up to all the benefits cow's milk can offer.

Hydrate for Healthy Teeth

Drinking water throughout the day and limiting sugary drinks will keep teeth healthy and strong. When it comes to oral health, it is not just the amount that you drink but what you drink that matters.



Water keeps your mouth moist which will decrease the effects of bacteria and protect teeth from decay.

Milk contains nutrients that are needed to keep your teeth healthy and strong.

Color Me Hydrated

Without water our bodies will start to feel tired and weak like a wilted flower. Water is just as important to our system as it is for the plants that grow around us. This fun activity illustrates how hydration works in a bright and colorful way.

Materials Needed:

- * Any white flowers (carnations, mums, wild flowers)
- * Cups/glass jars
- * Water
- * Food coloring



Directions:

- * Fill each cup or jar 3/4 full with water
- * Add 10-20 drops of food coloring (a different color for each cup or jar)
- * Place the stems of flowers in each container and wait 6 hours to see a color change

Talking Points:

- * Ask children to predict what will happen to the flowers and how long it will take.
- * Point out the “path” of the water up the stems and into the petals.
- * Try adding more than one color to a jar; allow children to guess what color the flower will turn.
- * Talk about how water keeps us strong and healthy just like it keeps the flower healthy.



Making Mealtime Memories

Frozen Flavor Bombs

Add a little excitement to your water with these DIY flavor bombs. If you are adventurous, you can add herbs like mint, basil, or thyme. This can be a good way to get picky eaters to try new flavors!

Flavors to try:

Spectacular Sunrise

- * Orange and cranberry

Good 'n Green

- * Kiwi and apple

Moving with Mojito

- * Lime and mint

Punchy Peach

- * Peach and ginger

Tropical Treats

- * Pineapple and mango

Time to Refresh

- * Thyme and lemon

Honeydew Dreams

- * Melon and basil



Directions:

- * Put your choice of fruits and herbs in a blender (or food processor) and add water to the top of the fruit
- * Puree fruit mixture until smooth
- * Pour into ice cube trays and freeze
- * Add frozen flavor cubes to a pitcher of water or to individual glasses

****Watch young children with ice cubes, they can be a choking hazard****

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