



October 2019

Healthy Living With Head Start

Celebrate the Season on Your Plate

Autumn is the time of year when the sun sets a little sooner, the leaves are changing, and your plate is full of fall comfort foods. The world seems full of excitement that comes with the season's change. This makes it a great time to celebrate new flavors at family meals.

Take advantage of lower prices on seasonal foods to make new foods a little easier on your budget. Here are a few ways to mix it up this Fall:

- * Mixing **winter squash** into your favorite macaroni and cheese recipe can add a lot of flavor and nutrition while keeping the cost of family meals down.
- * Try chopping **apples, cranberries, or pears** into your tossed salad to make your meal just a little more nutritious and a lot more exciting.
- * Replace your normal pasta dish with roasted **spaghetti squash** topped with marinara sauce and a little cheese for an easy weeknight meal.
- * Add boiled **rutabaga or turnips** to your potatoes before they get mashed for a new twist on a comforting side.



Talking About Healthy Growth

Measuring up in the classroom

Our classrooms will invite you to take part in measuring your child's height and weight twice a year. We use this information to calculate Body Mass Index (BMI) and BMI percentile for each Head Start child. These numbers will help give you a better picture of how much your child grows throughout the year. Here are some things to remember when we talk about BMI:

- * **What is BMI?** BMI is a comparison of height and weight used to show growth patterns. BMI can be a good tool to use to see how many pounds are being gained as your child grows taller.
- * **Every child grows differently.** It is important to see a nice consistent growth pattern—don't worry so much about the number as long as it shows consistent, healthy growth.
- * **Watch for big changes.** Pay attention to big drops or jumps in BMI percentile, this reflects a sudden change in your child's normal growth pattern.

Making healthy choices together

Introducing new food choices can seem like a difficult task, but taking small steps as a family will support new habits that will last a lifetime.

Younger family members will need a lot more time to accept new foods and eating habits. Make sure to give them lots of time and encouragement when trying new foods. Make new foods part of a meal that feels familiar to them to help them be brave at the table and try new things. Get everyone involved in the new shopping choices, new recipes, and tasting the new flavors for more successful meals.

Remember, changes are hard for everyone; be patient and understanding with yourself and your family as everyone works towards making healthier choices.



Contact our Dental/Nutrition Specialist, Amy Losee, at (607) 433.8060 or alosee@foinc.org with any questions or concerns about oral health, nutrition, growth screenings, or your child's growth

Awesome Autumn Artwork

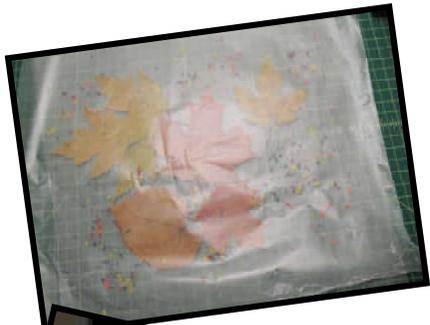
Taking a stroll outside can be a great way to stay active when it starts to get chilly. Get the family up and moving and create lasting memories by making a colorful display of the fall leaves. This fun craft uses just a few simple materials that you can usually find around the house.

Materials Needed:

- * Colorful Autumn Leaves
- * Broken Crayons
- * Pencil or Crayon Sharpener
- * Wax Paper
- * Iron

Directions:

- * Allow everyone to pick up a collection of colorful fall leaves; if some of the leaves need flattening, wet with water and lay flat to dry.
- * Cut two pieces of wax paper to about the same size (large enough to fit the number of leaves each child would like to include).
- * Lay one piece down, then arrange dry, flat leaves around the sheet.
- * Use broken crayons and sharpen to make shavings. Sprinkle shavings and pieces of crayons on and around your leaf arrangement.
- * Place the second piece of wax paper on top of your artwork and use a hot iron to flatten and seal the wax paper together.
- * Allow to cool before letting children touch.
- * Cut leaves out, or leave as one pretty poster.



Making Mealtime Memories

Butternut Squash Soup



This is a quick and easy recipe that makes about 6 servings of soul-warming soup to help you through those brisk autumn days. To make this recipe a cinch to make, put all the ingredients into your slow-cooker on high for four hours and let it do the work for you.



Ingredients

- * 1 butternut squash (2-3 pounds)
- * 2 tablespoons unsalted butter
- * 1 medium onion, chopped
- * 6 cups chicken stock
- * Nutmeg
- * Salt and black pepper

Directions

- * Peel, seed, and cut squash into 1-inch chunks (see steps below).
- * Melt butter in a large pot.
- * Add the onion and cook until see-through (about 8 minutes).
- * Add the squash and stock into the pot and let simmer until squash is tender (about 15 to 20 minutes).
- * Remove squash chunks with a slotted spoon and place in a blender - puree the squash.
- * Return the blended squash to the pot and stir with nutmeg, salt, and pepper to taste.
- * Serve and enjoy.



Newsletter created by: Amy Losee

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.