

Making Mealtime Memories

These easy-to-make broccoli bites feature protein (eggs), dairy (cheese) and a veggie (broccoli). It's the perfect snack for infants 6 months or older (baby-led-weaning) or is a perfect appetizer for adults!

Ingredients

- 2 cups broccoli finely chopped, mashed or riced
- ½ onion grated
- 1 cup panko bread crumbs
- 1 cup grated sharp cheddar cheese
- 2 eggs
- 1 Tablespoon olive oil
- salt
- Pepper

*limit salt if serving to infants



Instructions

1. Preheat oven to 400 degree F
2. Roughly chop broccoli , steam for 3-4 minutes until tender (either in the microwave or on the stovetop)
3. Grate the onion
4. Briefly pulse the broccoli in a food processor or place the steamed broccoli in a mixing bowl and use a potato masher or fork to mash the broccoli
5. Add all the remaining ingredients to the mixing bowl. Stir until well combined.
6. Measure out tablespoons full of the broccoli mixture. Roll these into balls and place on a lined baking tray
7. Bake the broccoli bites for 20-30 minutes until lightly golden and crisp on the outside
8. Enjoy plain, or add a dipping sauce of your choice!

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Healthy Living With Head Start

Happy Healthy New Year!

Now that the Holiday Season has wrapped up, and the new year has begun, it is the perfect time to start taking steps to keep you and your little ones healthy during this season!



1. **Wash hands** often with soap and water to prevent the spread of infection and illness. Simply wet, lather, scrub, rinse and dry!
2. **Make healthy food choices!** Remember to include a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Don't forget lean meats, poultry, fish, beans, eggs, and nuts for protein and avoid added sugar and sugar-sweetened beverages.
3. **Get Active.** Simple changes like taking the stairs instead of the elevator, or parking further away from your destination can add extra steps. Adults need 150 minutes of moderate-intensity physical activity a week for optimal health!
4. **Quit tobacco.** Quitting smoking/ tobacco products can improve cardiovascular health, reduce the risk of premature death, add to life expectancy, and can improve your overall health and quality of life!
5. **Get enough sleep.** Lack of sleep is associated with a number of chronic diseases and conditions — such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.
6. **See your doctor regularly and make sure you're up-to-date on all vaccines and screenings.** Regular oral and medical exams and tests can help find problems before they start and vaccines can protect you against contagious viruses.

Nutrient Dense Food on a Budget

Eating nutrient dense foods can help you stay healthy during “flu season.” Plus, with the rising cost of, well, everything, getting the best bang for your buck is important!



1. **Whole chicken** can be more cost-effective compared to choosing pricier cuts like chicken breast. You can break a whole chicken down into pieces yourself, or simply roast the chicken whole – there’s a lot you can do with leftovers, and then you can use the carcass to make a nourishing bone broth.

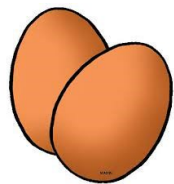
2. **Oats** are known for their ability to help with digestion, weight loss, blood sugar control, and cardiovascular health, and they are easy to cook. You can use them to make oatmeal, overnight oats, granola or use them for healthy baking!

3. **Cabbages** are cheap, and because they are typically large, you can get a lot of use out of one head. They also store well in the fridge, have anti-inflammatory nutrients, and are great in soups and stews, or roasted into “steaks.”

4. **Carrots** can be eaten as a snack, thrown into smoothies or be added to a number of different soups. **Apples** can be found for a decent price, and are rich in antioxidants, fibers and compounds that benefit our hearts: eat with breakfast foods, as a snack, in a salad, or baked. **Dark leafy greens** found in bunches (not the plastic clamshells) are more affordable, and contain a ton of nutrients!



5. Though small, **flaxseeds** have a lot to offer including a boost of fiber, anti-inflammatory nutrients and omega-3s. Flax is good for digestion, hormone balance, detoxification, and cardiovascular health. They are inexpensive and can last a while, so buy in bulk and store properly. * If you are interested in kid-friendly flax recipes, contact the Dental/ Nutrition specialist!



6. **Eggs** are full of nutrients like anti-inflammatory omega-3 fats, Vitamin D, protein, and B vitamins, are easy to cook with and are very satisfying.

7. **Dried Beans** such as black beans, kidney beans, lentils, chickpeas, pinto beans, navy beans and lima beans are cheap, can easily be found in bulk, are filling, and are rich in nutrients such as protein, fiber, iron, and even antioxidants.



The Very Hungry Caterpillar

This caterpillar activity is great for a cold winter day indoors. Let your child explore their artistic abilities by allowing them to create their own caterpillar design. This is also the perfect activity to pair with the Very Hungry Caterpillar book or to talk about the life cycle of a butterfly!

What you will need:

- Egg Carton
- Scissors (adult use)
- Paints
- Paintbrushes
- Pipe cleaner
- Googly eyes - you can get stick on ones or glue them on
- Paper (optional, but it can be used to reduce mess while painting and make tidying up a bit easier)



Instructions:

1. Cut off the top of the egg carton, and cut the bottom half into two strips to make two caterpillars as shown in the picture. You may need to trim the tall parts so the carton sits flat on the table.
2. Use your scissors to make two small holes in the one end for the pipe cleaner antennae to be poked through once your caterpillar has been painted. It is much easier to make these holes before painting.
3. Pass your egg carton strip to your toddler and let their creative juices flow! They can make a caterpillar like the Very Hungry Caterpillar book, make rainbows, polka dots, stripes: whatever their little hearts desire!
4. Once they are finished, trim two pieces of pipe cleaner for the antennae. Bend one end of each so they may resemble a cane. Poke the straight end of each into the holes you made earlier and presto!
5. Stick your googly eyes on and your Egg Carton Caterpillar is complete!

