

Making Mealtime Memories



Frozen Yogurt Pops

This refreshing summer treat is nutritious, featuring fresh fruits and whole milk yogurt. If you don't have reusable freezer pop containers on hand, you can use small plastic cups with popsicle sticks!

Ingredients:

- 2 containers (6 oz. each) French vanilla yogurt OR plain whole milk Greek yogurt, which adds a lot of creaminess.
- 2 cups of cut-up fresh fruit such as fresh or frozen strawberries (or other fruits such as blueberries, bananas, cherries, grapes, papaya, peaches, oranges or raspberries)
- 1 tablespoon honey or maple syrup. You can add this to taste according to your preference and the sweetness of the berries.
- Vanilla extract: This adds another flavor note.
- A squeeze of fresh lemon: This perks up all of the flavors, so a little goes a long way.



Directions:

1. In blender, place all ingredients.
2. Cover; blend until smooth.
3. Pour into small plastic cups or reusable freezer pop molds OR you can make your own by using 6 (5-oz) paper cups.
4. Cover cups with foil; insert craft stick into center of each pop.
5. Freeze about 6 hours or until frozen.

*You can also try to make ice pops the same way, but instead use water, fresh fruit and some sweetener!

Newsletter created by: Maria Arnot

Please contact Maria Arnot, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060 or marnot@ofoinc.org

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Healthy Living With Head Start

Healthy Hydration



As the days get warmer, it becomes more important than ever to stay hydrated! Children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk. Consider these ways to get more water into their diets!

- Infuse water with lemons, berries, cucumber or mint for some added flavor. This is an easy way to keep the whole family coming back for refills.
 - Keep fruits and vegetables on hand that are high in water content. This includes vegetables such as cucumber, zucchini, iceberg lettuce, celery, and tomato, and fruit such as watermelon, cantaloupe, strawberries, blueberries, and grapefruit.
 - Freeze fruit inside ice cubes. It dresses up the drinks at any table, and you can have your children help fill the trays!
 - Make drinking water fun by providing your child with special water bottles or cups. Whether it is a personalized sports bottle or a fancy cup with an umbrella or swirly straw, adding a festive touch can go a long way.
 - Make your own popsicles with pureed fruit for an afternoon cool-down. Make it a fun family activity by using small paper cups. Let your kids decorate them before filling or look for popsicle molds in fun shapes and colors.
- *And most importantly, limit fruit juice and added sugars!



Scary Sugar-Sweetened Beverages



Sugar-sweetened beverages are the leading source of added sugars in the American diet. Sugar-sweetened beverages include drinks such as soda, fruit juice drinks, sports drinks, sweetened waters and tea with added sugars. Not only do they provide empty calories, but they are associated with weight gain, obesity, diabetes, and tooth decay and cavities. Also, because of its sweet taste, once children are offered juice, it can be difficult to get them to drink plain water.

Consider these facts when choosing to hydrate your child this summer!

How much juice should my child be drinking?

Children less than a year should not drink any juice at all.

Children 1-3 years of age should have no more than 4 oz per day.

For older children, juice is only recommended if whole fruits are not available. Children ages 4-6 years, should drink no more than 4-6 oz per day, and children ages 7-18 should be drinking no more than 8 oz per day.



Also try to avoid.....

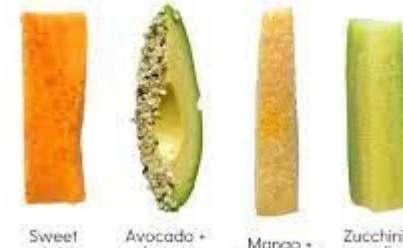
- While 100% Juice can contain some vitamins, these drinks are high in sugar and calories and low in healthy fiber. Try to limit 100% juice as much as possible!
- Flavored milk: Even though you get the benefits of the calcium and vitamins found in milk, flavored milk can be much higher in sugar. These added sugars should be avoided to discourage a preference for sweet flavors, which can make it difficult to have success when offering regular milk.
- Stevia- or artificially-sweetened drinks: Because health risks for children from stevia and artificial sweeteners are not well understood, it is best to avoid these drinks. Instead, make water readily available to encourage healthy hydration.

Tasty Toddler Timeline

Every baby, toddler and child is different when it comes to their eating habits and development. But, depending on their age, they may demonstrate some clear hunger cues to show what types of foods they are ready for and how much they are willing to eat!

Around 6 month of age, there are several ways to know if your child is read to start trying sold foods:

1. Sits up alone or with support.
2. Is able to control head and neck.
3. Opens the mouth when food is offered.
4. Swallows food rather than pushes it back out onto the chin.
5. Brings objects to the mouth.
6. Tries to grasp small objects, such as toys or food.
7. Transfers food from the front to the back of the tongue to swallow.



If you're noticing these signs, you can start experimenting with solid foods. Overtime, your child will learn 4 different textures: strained, mashed, ground/ finely chopped, and tiny pieces of soft foods. Remember to introduce one solid food at a time, and start with a small amounts. Between 6 and 9 months, your baby may start to be able to grasp the food themselves. At this time, try providing 3 inch strips (consider things like mango, bananas and avocado).

As your child gets older and develops motor skills, they will begin to be able to feed themselves. As this happens, consider these tips:

1. Let your toddler play with their food. Playing will help them learn how to get food to their mouth.
2. Provide foods full of nutrients, offering fruits, vegetables, grains, protein and dairy options.
3. Offer new foods. Try serving a new food next to something familiar. It may take up to 8 to 10 tries for a child to accept a new food.
4. Look for cues. While it may sometimes be easy to recognize when your child is hungry, pay attention to fullness cues as well. Our child may push food away, close their mouth, or turn their head away.
5. Prevent choking by avoiding hazards such as hot dogs, nuts, uncut grapes and meats, and hard fruits and vegetables.
6. Serve safe food. Make sure to wash your hands before eating, and serve foods that have been cooked properly!