

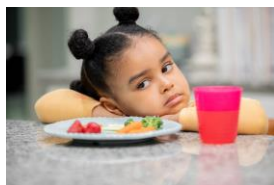
# Kids Cafe Newsletter

APRIL  
2025



## Nutrition Notes

Picky eating is common among toddlers. In fact, it's estimated that somewhere around 80% of children go through at least one stage of picky eating. This can be a frustrating time for parents.



Research shows that exposure increases familiarity with foods and helps to reduce a child's picky eating tendencies. The more children see a food, the more likely they are to try it. This means more pleasant meals for the whole family!

Here are 3 easy things you can do to exposure your child to new foods:

- 1) Involve your child in shopping, washing, and preparing foods. When they have a vested interest in the food, they are more willing to try it.
- 2) Serve the food more often. The more they see it, the more familiar they become with it, and the more likely they will be to try it.
- 3) Allow your child to use their 5 senses to learn more about the food. When children can touch, feel, hear, smell, and taste the food, they become more familiar with it and are more willing to try it.

It can take up to 20 exposures before a child will decide to try a new food. So be patient and keep offering! You're doing a great job!

**"You do not like them, so you say. Try them! Try them! And YOU MAY!"  
-Dr. Seuss**



## Movement Matters

After a long winter of being cooped up inside, how is the perfect time to get everyone outside for some fresh air and Vitamin D!

The Dietary Guidelines recommends that children engage in 60 minutes of physical activity each day. This can be dispersed throughout the day. It can also be unstructured.

Set a timer for 30 minutes of outside play time in the morning, and another 30-minute timer in the afternoon.

If you don't have outside toys or play areas, try playing:

Mother May I, hopscotch, or tag!





## Making the Rainbow

Turn food exploration into an art masterpiece! Let your child help you make a rainbow salad from start to finish.

1. Ask your child to help you choose at least 5 fruits and vegetables from the grocery store, fridge, or pantry that are different colors.

Here are some examples:

**Green:** Spinach

**Orange:** Carrots

**Red:** Tomatoes

White: Jicama

**Yellow:** Golden Delicious Apples

## Kids in the Kitchen

Give children opportunities to touch, feel, and play with food during the preparation process.

First, teach them how to properly wash their hands, before handling food. Use warm water, soap, and rub together while singing the birthday song.

Next, encourage them to touch foods by helping you:

1. Wash fresh produce by rubbing them under cool running water.
2. Pull stems off cherries or grapes off the vine.
3. Peel mandarin or clementine oranges.
4. Tear lettuce leaves.



2. When you get home from the grocery store, allow your child to help you wash the produce under cool, running water. Show them how to rub the produce using their hands or a vegetable brush, while holding the produce under the water.
3. Cut the fruits and vegetables that you've washed into bite sized pieces.
4. Give your child a bowl or plate and let them make a beautiful rainbow salad using the pieces you've prepared.

## Recipe of the Month

### Simple Spinach Flapjacks

#### Ingredients:

- 2 cups pancake mix
- 2 cups water
- 1 1/2 cups fresh spinach
- 3/4 cup part-skim ricotta cheese



#### Instructions:

1. Heat a non-stick skillet over medium-high heat.
2. Put all ingredients in a blender, and blend until smooth.
3. Using a 1/4 cup measuring spoon, pour pancake mixture into the preheated skillet.
4. Cook for 3 to 4 minutes on one side. Flip. Cook for an additional 2 to 3 minutes on the other side.
5. For a complete meal, serve with a side of eggs or turkey sausage, skim milk, and mixed fruit.

For questions or information, contact your Head Start Dietitian, Lori Boyd at westexrd@gmail.com