

Kids Cafe Newsletter

FEBRUARY
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Nutrition Notes

Valentine's day brings with it sweets and treats for loved ones. What's a parent to do with all the extra sugar on board?

Send non-food treats with your child. Nonfood treats offer children happiness while increasing physical activity and decreasing unhealthy eating behaviors. Examples of non-food treats include:

- Stickers
- Tattoos
- Playdough
- Pencils
- Whistles
- Fun Erasers
- Sidewalk Chalk



Serve treats alongside nutrient dense foods. When sweets and treats are offered, serve them at a regularly scheduled snack or meal. Serve them alongside foods that offer nutrients for growing bodies. Foods like low-fat milk, fruit, and vegetables are examples of nutrient-dense foods that offer a healthy balance to cupcakes, cookies, and candy



"Everything in moderation, including moderation."
- Oscar Wilde



Movement Matters

Physical activity can help children work through feelings and emotions. Use the month of love as an opportunity to help children connect with their bodies through movement.

Move to the music of your favorite playlist. Favorites include:

"Cha-Cha Slide" by DJ Casper

"Twist and Shout" by the Beatles

"Can't Stop the Feeling" by Justin Timberlake.

Create new music using household items such as pots, pans, spoons, and cups. Name an emotion and then use the "instruments" you've gathered to create music. For example, the emotion "sad" might be shown by lightly taping on a pan with a wooden spoon.



Name that Smell

See, Touch, Hear, Smell, Taste. Learn about the five senses and introduce new foods to preschoolers all at the same time. Gather a collection of fresh herbs: rosemary, basil, thyme, sage, mint, and cilantro are a few options. Introduce one new herb at a time, give a stem to each child, and explore the way it looks, feels, sounds, smells, and tastes. If doing this in a classroom setting, create a chart to document the children's findings.

After exploring several different herbs, create a chart and have children vote on their favorite. Tally the votes as a way to incorporate math into the lesson.

Go a step further and create a flavored water by infusing the best-liked herb into water. Serve alongside snack for all of the children to taste and enjoy.



Recipe of the Month

Homemade Veggie-Ranch Dip

Ingredients

- 1 cup plain, nonfat, Greek Yogurt
- 1 Tbsp Mayonnaise
- 1 Tbsp vinegar
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp dried Italian herbs
- 1/4 tsp dried dill weed



1. Place all ingredients in a medium size bowl.
2. Mix together.
3. Serve alongside an assortment of fresh veggies such as carrots, celery, sliced peppers, and cucumbers.



Kids in the Kitchen

When children are involved in food selection and preparation, they are more likely to want to try new foods.

Take children with you to the grocery store and let them help you pick one or two veggies to serve with the Homemade VeggieRanch Dip.

When you get home, let them help you wash the fresh produce under cool, running water.

When making the dip, give them a spoon, and let them help you stir. Then take a bite to taste test together!

For questions or information,
contact your Head Start
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