

February 2021

2/5/2021 Toddler & Preschool Tasks in the Kitchen

Helping with cooking can make your child more curious about different kinds of foods and help them become a better eater. Plus, it can pique kids' enthusiasm for eating new foods. The key to success is picking simple chores that your child can do. Here are a few ways to get your toddler or preschooler excited about food through cooking- and yes, even vegetables too.

- 1) Washing foods. Put a small, sturdy stool in front of the sink for them to stand on and show them how to rinse your produce.
- 2) Cutting soft foods. Get a cutting mat and let them use a small plastic knife to cut softer foods like bananas and avocado.
- 3) Making funny faces- use different colors and shapes to let them make art with their food!
- 4) Layering Parfaits- these healthy snacks are easy to make and turn out beautifully. Layer yogurt, fruit and granola for a simple parfait
- 5) Dumping and stirring. Kids love to dump dry ingredients and they can easily stir things together when you hold the bowl and let them have at it with two hands

There you have it! Remember to keep kids involved in the kitchen so they will take more interest in the foods you offer.

https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/toddler-and-preschooler-tasks-in-the-kitchen?fbclid=IwAR17V_nzOHqQErMmagPxMQ8INUZ0A9o9iEicL9R0ZMtPfRTv_VFRQws0Nvc

2/8/21 Beans, Beans the Magical Fruit

Do you have dry or canned beans in your pantry? If so- you are well on your way to an easy, budget friendly meal.

Beans are high in iron, zinc, potassium, folate and fiber--- nutrients that are lacking in many Americans' diets. Plus, they are great and inexpensive source of protein! One of the easiest ways to prepare dried beans is in a slow-cooker. Simply rinse the beans to make sure they are clean, add 4 cups of water to every 1 cup of beans and cook on low for 6-8 hours. Add some herbs and seasonings before or after cooking to spice them up a bit.

No slow cooker? No problem. You can also soak the beans overnight or do a quick soak and boil the beans before cooking.

For more info on dietary superheroes, visit panola.agrilife.org or extension.iastate.edu

<https://blogs.extension.iastate.edu/wellness/2021/01/19/time-to-spill-the-beans/>

2/12/2021: Be safe during outdoor activities.

- Let your friends and family know where you will be before you go hiking, camping, or skiing.
- Do not leave any areas of your skin exposed to the cold.
- Try not to sweat or become too tired.
- Be prepared to take emergency shelter.
- Pack dry clothing, a two-way radio, waterproof matches, and paraffin fire starters with you.
- Do not use alcohol and other mood altering substances, and avoid caffeinated drinks.
- Avoid walking on ice or getting wet.
- Carefully watch for signs of cold-weather health problems, like hypothermia and frostbite.

https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html?CDC_AA_refVal=https://www.cdc.gov/disasters/winter/duringstorm/outdoorsafety.html

2/22/2021 Healthy Conversation Starters (1:16)

Sometimes a friend or family member needs encouragement to make a healthy change. Here are some tips on breaking the ice for conversations about health.

First- say why health is important to you- and why THEIR health is important to you. Express that you care about them and their quality of life.

Next, talk about small steps. Big changes are intimidating and change is more successful when you start small. Ask the person about some options they think would be manageable. You can always provide ideas like swapping out refined grains for whole grains, or soda for unsweetened tea or flavored water.

Take the lead and do it together. Go grocery shopping together, plan meals together.

Then, offer to help. Let them know you're on their side and there to help. Acknowledge that change is hard and ask how you can help.

Finally- celebrate successes! Set your goals and celebrate with a healthy treat together such as a spa date or fun outing to enjoy mother nature together.

I hope these are some ideas to help break the ice on health conversations. Visit health.gov or panola.agrilife.org if you'd like more information.

<https://health.gov/myhealthfinder/topics/health-conditions/diabetes/healthy-eating-conversation-starters?fbclid=IwAR0bnDI4B4VMCGgsI6dcXBtUWFVmf4Awfdo9n-HattLdjKZXaZdnH9x1TUQ>