

# Families for Literacy Program Newsletter

## March (National Nutrition Month), 2019

**Tutors: please go over this newsletter (whatever is appropriate) with your adult student and encourage him/her to visit the Story Times with their children, it's a lot of fun and so important!**



**Redbud Library**, 14785 Burns Valley Rd. Clearlake, **Thursday, 10:30 am**  
**Lakeport Library**, 1425 N. High St. Lakeport, **Fridays, 10:15 am and 2:30 pm**  
**Middletown Library**, 21256 Washington Street, Middletown, **Tuesdays, 11:30 am**  
**Upper Lake Library**, 310 2nd St, Upper Lake, **FIRST Thursday of every month, 2:30pm**

### March is National Nutrition Month!

The choices you make today for your child and yourself affect your health for years to come.  
Eating right and being physically active are keys to a healthy lifestyle.

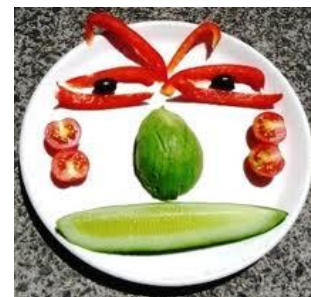


✦ Let them try a new healthy food each week (like a fruit, vegetable, bean, whole grain, lean meat/poultry/fish, or dairy product). Need ideas?

- Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- Toss dried cranberries and chopped walnuts in oatmeal.
- Toast a whole grain waffle and top with Greek yogurt and sliced peaches.
- Smear a scoop of frozen yogurt on graham crackers, add sliced banana for a yummy sandwich.
- Stuff a whole grain pita pocket with ricotta cheese and apple slices. Add a dash of cinnamon.
- Spread mustard on a flour tortilla. Top with a slice of turkey, low-fat cheese and lettuce and roll it up.
- Top a rice cake with nut butter and blueberries.
- Cut vegetable sticks and dip in hummus.
- Mash avocado on toast and top with tomatoes.

♥ Take any recipe you like and experiment to see if you can make it healthier.

Check out [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) for some great recipe ideas!



Getting children to eat healthy can be tricky business.  
Here are helpful hints for creating healthy eating habits from the start:

♥ If eating is a fun activity, instead of a chore, a picky eater might forget she's so picky. Toddlers love to dip things, so serve a new food with a dip she likes.

♥ Play games that teach about healthy eating. Check out [foodchamps.org](http://foodchamps.org) for ideas!

♥ Pick stories to read that talk about healthy eating (see book suggestions below).

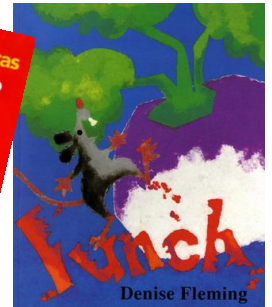
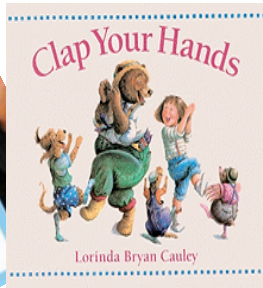
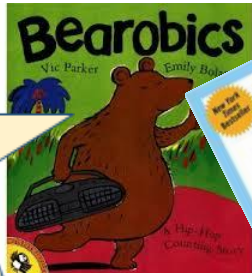
♥ Let kids help select, wash, chop, snap, peel, stir, measure and mash fruits and vegetables you are preparing for meals and snacks.

♥ **Limit sweets and snacks.** If kids fill up on juice and pretzels, it is less likely they will eat the not-so-sweet, not-so-salty carrots and chicken on her plate at dinner time.

♥ **Stick to it:** You may have to introduce a new food several times before they will bite. Keep putting it on the plate, and chances are they will eventually eat it. "Stick to it" does not mean "insist." **Forcing your kids to eat something will not do much good.**



**BE A GOOD ROLE MODEL!**



Here are some books from your local library focusing on nutrition and physical activity:

**The sneaky chef: simple strategies for hiding healthy foods in kids' favorite meals**, by Missy Chase Lapine

**Bearobics** by Vic Parker: In this funny counting book, a shaggy bear turns on his boom box and all the animals begin to boogie, jump, jive, and shake. The playful illustrations and book design support the movement theme.

**Clap Your Hands** by Lorinda Bryan Cauley: A crew of kids and animals, dressed in appealing combinations of comfortable odds and ends wiggle, purr, fly, tickle, somersault, kiss, and spin their way through the story.

**Growing Vegetable Soup** by Lois Ehlert: Brightly colored collage illustrations reveal a story of a father and child who plant a vegetable garden. Children will learn the steps to gardening, how plants grow, and how to make a yummy soup.

**Lunch** by Denise Fleming: A very hungry mouse peeks out of his hole and sniffs...LUNCH! As he nibbles and crunches his way through lunch, children can guess which fruit or vegetable he'll eat next.



**Happily We Eat Our Food** Tune: *Merrily We Roll Along*  
Happily we eat our foods, eat our foods, eat our foods.  
Happily we eat our foods, To grow up big and strong  
Happily we drink our milk, drink our milk, drink our milk.  
Happily we drink our milk, To grow up big and strong.

Other Verses:

Happily we eat our fruits...  
Happily we eat our vegetables...  
Happily we eat our meat...  
Happily we eat our beans...  
Happily we eat our breads...  
Happily we eat our cereal..

**Carrots, Peas, and Broccoli** Tune: *Twinkle, Twinkle Little Star*  
Carrots, Peas, and Broccoli, vegetables are good for me.  
For my snack and in my lunch, veggie sticks are great to munch.  
Carrots, Peas, and Broccoli, vegetables are good for me.

**Are You Eating** Tune: *Are You Sleeping*  
Are you eating, are you eating? Healthy foods, healthy foods?  
For your body needs them, for your body needs them. Everyday, everyday.

**Five Fat Peas** A counting fingerplay  
Five fat peas in a pea pod pressed (hold hand in a fist)  
One grew, two grew, so did all the rest. (put thumb and fingers up one by one)  
They grew and grew (raise hand in the air very slowly)  
And did not stop, until one day the pod went POP! (children clap hands together)

