



Nutrition Bits and Bites!

Unlock the Power of Food

Food is nourishment, but it's so much more.

Foster healthy eating habits in children by teaching them to shop and cook.

- While 68% of Canadians say they often prepare food for a meal or snack, most don't get their children involved in the process.
- Many children are growing up lacking basic food skills, including how to shop, cook and build a balanced meal, which is creating a culture that relies too heavily on processed, packaged and take-out foods.
- Teaching children how to shop for and prepare healthy meals can give them the power to discover better health as they grow.
- Improved food skills can lead to healthier eating, including eating more fruits, vegetables and fibre.
- Shopping and cooking are easy ways to spend extra quality time with your kids.



Unlock the Potential of Food to Discover!

Get kids Involved in shopping!

- ✓ Give children some choices in creating healthy meals and grocery lists using some of the foods they enjoy
- ✓ Let them cut the coupons! Teach them how to save money at the grocery store.
- ✓ Encourage them to participate in grocery shopping by finding the foods on the list!

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Cook and Enjoy! Cooking Tips!

To make cooking with your kids a positive and fun experience, keep these tips in mind:

- ☺ Think safety first. Supervise your kids at all times.
- ☺ Wash up. Teach your kids why, how and when to wash their hands thoroughly before getting started.
- ☺ Keep it simple. Choose recipes that your children can help with.
- ☺ Don't rush. Allow more time than you would need to make a recipe on your own.
- ☺ Give your children a task. Children learn much more by doing than by watching. If they seem to be struggling, ask if they want any help.
- ☺ Keep a damp cloth handy. Help your children tidy up a mess rather than doing it all for them.
- ☺ Don't expect your children to eat it. Your kids will be more interested in cooking if they know there is no pressure to try everything they make.
- ☺ Create a kid-friendly kitchen: Organize the kitchen so that your children can work more independently (with your supervision).

Source: EatRight Ontario. Cooking with Kids 2016

Mini Meatballs

Ingredients:

1 lb extra lean ground beef
1 lb lean ground pork
1 zucchini, grated
1 carrot, grated
1 small onion, grated
1 cup whole wheat breadcrumbs
1 tbs Worcestershire sauce
1 tsp Italian seasoning
1 clove garlic, minced
Pinch salt
Pinch freshly ground black pepper

Directions:

1. In a large bowl, using hands, combine all the ingredients listed until well combined.
2. Using a heaping tablespoon roll mixture into meatballs and place on a foil or parchment paper lined baking sheet. Repeat with entire mixture.
3. Bake in preheated 375°F oven for about 18 minutes or until meatballs are no longer pink inside.

*Makes 60 meatballs



Yogurt Salsa Dip: In a bowl, combine equal amounts of plain greek yogurt and salsa to serve with the meatballs.

Source: Dietitians of Canada. Cookspiration®

** Refer to the Allergy Newsletter (September issue) for substitutions

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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