



## ***Nourishing the Next Generation***

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

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## **Add More Veggies to your Family Meals**

Serving a meal that includes vegetables increases enjoyment of the meal, according to recent research, compared to the same food served without a veggie. It also creates a better perception of the cook among family members! In addition, veggies add colors, flavors and textures to family meals, are satisfying, and are rich in nutrients such as dietary fiber and many essential vitamins and minerals.



While all vegetables — fresh, frozen, canned, dried and 100% juice — count toward the cups we need each day, some choices are especially good for both children and adults. These include dark green, orange and red vegetables, and cooked dry beans and peas. For example, serve them as snacks, appetizers, salads, soups, hot side dishes, cold side dishes, added to sandwiches and casseroles, and mixed into baked goods. The sandwich recipe on the next page is a tasty example.

*Research source: [www.news.cornell.edu/stories/Nov12/HeroicVeggies.html](http://www.news.cornell.edu/stories/Nov12/HeroicVeggies.html) — Wansink B, Shimizu M, Brumberg A. 2012. Public Health Nutrition: Nov 15, pg 1-7*



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### Managing “Picky Eater Syndrome”



You know that kids typically don't take to new foods right away! If you have a finicky grandchild, you can help him or her learn to try new foods. How? Encourage your grandchild to help shop for and prepare one new food. Serve it along with familiar foods. Talk about where it came from, what it looks, smells and tastes like, and ask your young one to give it a name. (For example, raw broccoli could be “trees.”)

Your grandchildren take their lead from you. Let them watch you enjoy eating the new food. At the start of the meal, encourage, but don't force, your youngster to taste a tiny bite of the new food and to politely spit it out, if necessary. He or she may not like it, especially at first. After all, you probably don't like all foods either! Let him or her choose how much of it to take, and how much of it to eat. Be patient as he or she becomes familiar with it. Serve it in a variety of ways as you offer it again next week and the next. It may take a dozen times for a food to become familiar enough for your grandchild to accept it.



Source: [www.fns.usda.gov/fns/corenutritionmessages](http://www.fns.usda.gov/fns/corenutritionmessages)

### Cold Pocket Sandwiches

“Making meals and memories together”

Makes 3 servings, 1 pita bread pocket per serving

Ingredients:

1/3 cup cooked red beans, rinsed and drained  
1/4 cup fat-free plain Greek yogurt (or fat-free mayo)  
3/4 cup cooked, lean, chopped turkey, chicken, beef or pork (no bones or skin), cooled

3/4 cup cooked chopped broccoli or another dark green veggie, cooled  
1/3 cup chopped fresh spinach leaves or lettuce  
1/4 teaspoon ground black pepper, or to taste  
3 pita bread pockets, whole wheat if possible  
3 tablespoons fresh diced tomato or shredded carrots  
3 tablespoons shredded cheese, any kind

Directions:

1. Wash your hands and work area.
2. On a plate, lightly mash beans with a fork.
3. In a mixing bowl, combine beans and yogurt.
4. Stir in meat, broccoli, spinach and pepper.
5. Spoon mixture into pita bread pockets.
6. Sprinkle filling with tomato and cheese.
7. Serve cold.
8. Cover and refrigerate leftovers within two hours.



**Nutrition Facts** per serving: Calories 220; Total fat 5g; Saturated fat 2g; Trans fat 0g; Cholesterol 35mg; Sodium 290mg; Carbohydrate 27g; Dietary fiber 5g; Protein 19g; Daily Values: Vitamin A 20%; Vitamin C 50%; Calcium 15%; Iron 15%



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