

February / March
newsletter

Dear readers,

I am retiring, so this is the final issue of *Nourishing the Next Generation*. I wish you the best of health as you care for your young ones with food, fun and love!
~Mary Meck Higgins



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.

Material funded by USDA SNAP. USDA is an equal opportunity provider. Newsletter developed by Mary Meck Higgins, Ph.D., R.D., L.D., K-State Research and Extension Human Nutrition Specialist and Associate Professor, Dept. of Human Nutrition. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "Nourishing the Next Generation."



Impacts of this Newsletter: Survey Results

Many thanks to those readers who responded to our survey last summer! Most of the people report that they read each newsletter completely, then either save them to read them again later or pass them along to friends or family members. Many said that they talk about the information in the newsletters with other people, and also put into practice ideas presented in the newsletters, including making some of the recipes.

In addition, most mentioned making positive changes, such as: having more family time because of eating more meals together; offering more healthful meals and snacks to their grandchildren, including serving more vegetables and fruits; making memories by spending more time in the kitchen with their grandchildren; and enjoying more time doing physical activities, both inside and outdoors, with their grandchildren.

Don't forget that you can read all of the previous *Nourishing the Next Generation* newsletters online (at <http://ow.ly/WWah7>). If you want recipes to make low-cost, tasty and healthful meals and snacks, you will find lots of good ones at <http://ow.ly/WWaw4>



Nourishing the Next Generation

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



Raising Healthy Eaters

Grandfamilies are encouraged to spend time eating meals together. Why? Children and teens who share three or more meals each week with their families are less likely to be overweight, more likely to have better eating habits, and are less apt to eat unhealthful foods. While feeding little ones, patiently also teach them polite eating behaviors. Strive to make meals pleasant experiences for everyone, usually allowing plenty of time to talk and eat. Since electronic devices are not part of a family, don't bring them to your family's meals. Teaching children and teens that mealtimes are family times for sharing food, fun and love will help them thrive. Does your family have sporadic schedules? Know that everyone doesn't have to share every meal. Just strive for more family meals, and "save a plate" for that missing family member to enjoy later!

As the adult in the household, you decide which foods to offer, and where and when to eat. Then, allow your grandchild to decide if he or she will eat any of the foods you offer, and if so, how much. Offer your grandchildren healthful foods, and give them some choices, when possible. Each day, try to include all of the MyPlate food groups — fruits, veggies, whole or enriched grains, dairy and protein. Since children's tummies are small, offer youngsters four or more meals/snacks a day to help them stay satisfied.

Sources: Adapted from [Health Connections](#) newsletters, Summer and Fall, 2011, <http://ow.ly/WJpoe> and <http://ow.ly/WJRhm>

Tips for Feeding 'Picky' Young Eaters

What can you do if your grandchild often says "no" to eating certain foods? A 'new' food may be rejected by your grandchild 10 or more times before he decides it's okay. Try introducing the new food along with a familiar food, possibly even mixing the two foods together. For example, you might serve a new hot cereal topped with banana slices. Also, try preparing the new food in different ways. With broccoli, for example, you could offer it raw dipped in peanut butter one day, and offer it again later in the week cooked in a favorite casserole.



Image courtesy of amindfullmom.com/K.Chidsey

Offer meals and snacks that include at least one food that your grandchild typically will eat. Let your grandchild watch you eat, too. Suggest that she try a food, but don't insist on it. Your grandchild may not even want to taste the foods you serve, and that's okay. However, if she asks for a food that you're not serving, assure her that she can choose from any foods on the table and that she'll be able to eat again in a few hours. To help ensure that the dinner table doesn't become a battle of the wills, don't promise a dessert or some other reward in exchange for eating any foods served.

Get kids to "help" you. Your grandchild will be more likely to try a new food if he or she is involved in growing it, looking for it at the market, or preparing it in the kitchen.

Source: Adapted from an interview with dietitian Dayle Hayes in [Health Connections](#), Summer 2011, <http://ow.ly/WJpoe>