

Warm Springs Child Health Task Force

NEWSLETTER

January 2020



The New Year is a great time to do or try new things!

FRUITS & VEGETABLES

- ❖ Winter fruits include apples, pears, kiwi and citrus fruits like oranges, grapefruit, and clementines.
- ❖ There is a wide variety of squash available in January, and different kinds will offer different flavors. Acorn, butternut, and spaghetti squash are all great options.
- ❖ Broccoli and cauliflower can be eaten raw, steamed, sautéed or even roasted.
- ❖ Root vegetables are in season this time of year as well, so try some parsnip or turnips. You can mash them with potatoes to mix up the classic side dish.

Helpful tips for trying new things:

1. Utilize samples as often as possible
2. You can ask the produce manager to try any fresh produce
3. Try the new food multiple times, it can take a few tries to begin to like something
4. Offer new foods with familiar foods, so there is only one unfamiliar food
5. Offer new foods before a familiar one

BABY/TODDLER TIPS

Little ones also need to try a variety of foods

- ✓ Make sure to introduce new foods one at a time, in case there is an allergy
- ✓ It may take a few tries for them to like the new food, just like you! Don't give up on a food just because your child doesn't like it the first time

REMEMBER

- It can be fun to try new foods together with your child
- Make sure to have positive reactions to the new foods, to help your child want to try it too. Say things like "I like this" and show enthusiasm for the new food
- Make it a game to try a new food at least once a week with your child
- Involve your children in choosing and preparing a new food

