



AUGUST UPDATE

FRESH FRUIT & VEGETABLE PROGRAM

Promoting Healthy Foods

As most parents understand, introducing healthy options to your own child or even a child in general is a difficult task. To make matters worse, today's marketers have been accused of advertising messages composed of nutrient-poor and calorie-dense foods that may have harmful effects on our children. These messages not only come from television ads, but a variety of venues; product placements, video games, the internet, cell phones,



newspapers, etc. It makes it impossible for parents to shelter their children from these sources. It is why, as parents, it is our duty to find ways to use advertising to our advantage to

promote healthy foods to our kids and here are three easy ways how.

1. Exposure: Leading by Example

Kids are less likely to eat foods that they have never seen. Therefore, it is very important to open up your own variety of foods that you eat. For example, if a child sees an unknown fruit on the TV, cell phone, book, or even seeing you eat it a few of times, it is more likely that eventually, the child will become curious to try the food.

2. Branding: Make Healthy Foods Fun

There have been studies published that state that kids are more likely to grab foods that have entertainment brand wrappers on them. Not only that, but wrappers that have characters or mascots on them have also been seen to increase the chance of a child grabbing that item. Therefore, as a parent, we have to make healthy foods more presentable for a child to take. Whether this be making blueberry happy faces on whole grain pancakes or finding fun wrappers in stores that promote healthy eating.

3. Participating in Meal Preparation

A child that helps with making a meal will increase the chance of the child eating that meal. By letting a child pick the vegetable at the grocery store for the family to eat for dinner or helping wash the fruits, or even setting up the table will increase the likely hood of the child eating the food that was prepared. This is a great way to get the child exposed to healthy options that you have provided them.

This institution is an equal opportunity employer.



What do we get to try this month?

- 🍊 Blood Orange
- 🍊 Orach
- 🍊 Asparagus
- 🍊 Watermelon

Delicious and Nutritious!

Menu items subject to change based on availability.

Cut Out

Cactus Pear-Mango Green Smoothie

Serves: 1 Person

Ingredients

- 🍊 2 Cactus Pear Fruit, Skin & Seeds Removed
- 🍊 ½ Cup frozen/fresh mango
- 🍊 ¼ Fresh Parsley Leaves
- 🍊 8 oz Coconut Water

Instructions

- 🍊 Gather equipment (blender) and Ingredients as stated above.
- 🍊 Add 4 oz of coconut water with the cactus pear, mango, and parsley.
- 🍊 Slowly add rest of Coconut water as you continue to blend.
- 🍊 Remove from blender, pour into a cup and serve

Calories: 235/ Fat:2g / Protein: 3g/ Carbs: 57g/
Calcium: 16%/ Iron: 1.8mg/ Vitamin A: 23%/
Vitamin C: 285%