



# SEPTEMBER UPDATE

## FRESH FRUIT & VEGETABLE PROGRAM

### No Diets, Only Healthy Lifestyles



As parents, we want to set our kids up for success for every aspect of their life. Whether this be environmentally, mentally, physically, safety, financially, the list is endless. If our kids

come out better than us, then we have done our duty as parents. However, there are constant threats that can affect our children lives and set them back on their path. Today, one of the biggest threats to our children is unhealthy eating and the consequences of it; like obesity, diseases, future health risks, disordered eating, nutrient deficiency, and so on. Therefore, it is important to ensure we encourage healthy lifestyles to our children and not diets.

Diets for adults are highly recommended, however diets for children are a different story. Dieting usually means that one is trying to either lose weight, following a fad diet, detoxing, or simply trying to be “healthy”. Forcing kids to follow these diets is not only dangerous for their health, but for their mental state as well. During the stages of childhood, kids are still growing and developing and during this time, their bodies need healthy foods to keep growing properly. You might ask, what about kids who are overweight, shouldn't they be on diets? According to today's dietitians, even overweight kids can improve their health by eating nutritious foods and being more active. Dangerous diets do not offer a great option of nutritious foods or enough calories to support a child. In addition, children who are willing to go to extreme steps to lose weight could develop an eating disorder. What should kids do? All kids can benefit from eating a balanced diet and getting enough physical activity. A well balanced diet means that you do not eat the same thing every day. You try to mix and match foods from different food groups; fruits, vegetables, dairy, meat, nuts, & grains. To ensure your child will start these habits, a great start will be to make sure their breakfast becomes their most important meal of the day. This will be their base for healthy decision making for the rest of their day.

This institution is an equal opportunity provider.



What do we get to try this month?

- Papaya
- Zucchini
- Palisade Peaches

Delicious and Nutritious!

\*Menu items subject based on availability.

### Papaya-Peach Smoothie

Serves: 2 people

#### Ingredients

- ½ cup fresh or frozen peaches, diced
- ½ cup fresh or frozen Papaya, diced
- ½ cup non-fat Greek yogurt
- Handful of spinach (optional)
- 1 tsp honey (optional)
- ½ cup fat-free milk
- Ice cubes

#### Instructions

1. In a blender, combine papaya, peaches, milk and yogurt.
2. Cover and blend until smooth.
3. Add ice cubes to make it thicker.
4. Pour into 2 glasses.

