

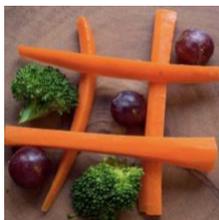


# NOVEMBER UPDATE

## FRESH FRUIT & VEGETABLE PROGRAM

### How to Get Your Child To Eat Healthy Foods – Tips for Picky Eaters

- Introduce one new food at a time. Introduce it with another food your child likes.
- Expose your kids to healthy foods outside of mealtimes. It can take kids multiple exposures to a new food before their curiosity is piqued. For example:
  - Have them go to the grocery store with you and pick out fruits and vegetables
  - Take them to farmers markets
  - Let them help prepare dinner with you
- A lot of the time, it's not about what you serve, but how you serve it. Serve them vegetables made into a picture or a funny face.
- You could also create games using fresh fruits and vegetables to peak their interest and exposure to more of a variety. This helps make fruits and vegetables a fun event and they will have a positive association with healthy foods.
- To add more nutrition to a stubborn eater's meal who refuses to touch fruits and vegetables, you will have to get more creative by hiding them in their favorite meals. Cut up vegetables very small and add to soups, stews, pastas, meatloaf, casseroles. Smoothies are also a great way to get kids to eat fruit as well as spinach, carrots and any other vegetable you can hide in a smoothie.
- Eat the healthy foods you offer them regularly yourself. Kids are always watching what their role models eat



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What do we get to try this month?



- 🍎 Cactus Pears
- 🍎 Rutabaga
- 🍎 Brussels Sprouts
- 🍎 Golden Delicious Apple
- 🍎 Kiwi Fruit
- 🍎 Pomegranate
- 🍎 Beets

\*Menu items subject to change based on availability.

Delicious and Nutritious!



### **Roasted Fennel and Brussels Sprouts**

**Serves: 4 People**

#### **Ingredients**

- 🍎 1 lb Brussels Sprouts, cut in quarters
- 🍎 1 Fennel Root, sliced thin
- 🍎 4 cloves of Garlic, minced
- 🍎 ½ cup Toasted Almonds
- 🍎 ½ cup Parmesan Cheese
- 🍎 ½ cup Olive Oil
- 🍎 ¼ cup Lemon Juice
- 🍎 Salt and Pepper, use as needed

#### **Instructions**

- 🍎 Preheat the oven to 400°F
- 🍎 In a large mixing bowl toss together brussels sprouts, fennel, garlic, olive oil and salt and pepper
- 🍎 Put this mix on a sheet tray and roast in the oven for 12-16 minutes or until browned and crispy
- 🍎 Once you take the sprouts out of the oven top them with the lemon juice, roasted almonds and parmesan cheese
- 🍎 Dish up and enjoy!