



Wings

A Weekly Newsletter for Families

March: Week 1
Nutrition

If the family were a fruit, it would be an orange, a circle of sections, held together but separable – each segment distinct.” – Letty Cottin Pogrebin

You Can Improve Your Family’s Nutrition!

With school, work, sports, homework and other activities, it can be hard to get your family to eat well. Here are some strategies that will help you improve nutrition and encourage smart eating habits.

- *Have regular family meals* – Kids who take part in regular family meals are more likely to eat fruits, vegetables and grains. They’re also less likely to snack on junk food, smoke, smoke marijuana or drink alcohol.
- *Stock up on healthy foods* – Work fruits and vegetables into the daily routine, make it easy for kids to choose healthy snacks, and serve lean meats and other good sources of protein. Also, limit sugary drinks, fast food and low-nutrient foods like chips and candy.
- *Be a role model* – Eat healthy foods, serve healthy portion sizes and don’t overeat.
- *Don’t battle over food* – Give kids some control, but limit the kinds of foods they can get at home.
- *Get kids involved* – Teach children to read food labels, let them help in the kitchen with age-appropriate tasks and ask what foods they want in their school lunch.



•• INFANT Inspiration

Ready for Solid Food – Experts recommend gradually introducing solid foods when a baby is about six months old, but you should check with your doctor before starting solids like cereal mixed with breast milk or formula. Signs your baby is ready are their tongue-thrust reflex is gone or diminished, the baby can support their own head and they show interest in your food (like staring and grabbing at your food at mealtime).

•• TODDLER Tales

Nutrition Through Variety – When children are 12 to 24 months old, it’s time to give them a variety of foods. Depending on their age, size and activity level, they’ll need 1,000-1,400 calories a day from grains (including bread, rice, pasta and cereal), vegetables, fruits, milk, meat and beans.



•• PRESCHOOL Power

Have Fun with Food – Take a cue from crafts to make healthy foods more appealing. Cut them into shapes, provide dips (applesauce or yogurt, for example) and mix up smoothies. You can even turn healthy snacking into a game, like making a “food rainbow” on a plate and letting your child decide which colors to eat first.

