

## "SEEDS ARE FOR SHARING"



### **MARCH NEWSLETTER**

#### **"THE CANADA'S FOOD GUIDE" can help children . . .**

#### **"GROW & THRIVE"**

#### **FOR THE HEALTH OF OUR CHILDREN**

- Hints For Eating Well
- Enjoying Drinking Water
- Hints for Helping Picky Eaters
- Hiding Nutrition
- Veggie Names
- Soup's Too Hot?
- Don't Drain The Nutrients
- Smoothy Drinks
- Easter Game
- Easter Pudding
- Coloring Easter Eggs
- Amazing Special Savings!

#### **FROM THE CANADA'S FOOD GUIDE**

- Young children have small appetites and need calories for growth and development.
- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer variety of foods from the four food groups.
- Most of all . . . be a good role model to your children



**This newsletter will focus on those we hold so dear, our children, and how we can encourage them to take the road to a healthier lifestyle.**

### **It's A Learning Experience**

Small children are just learning about foods and their tastes, smells and textures. By having new foods introduced gradually and in small amounts, our children will often acquire a love for many different foods.

We can help them desire healthier foods by example as well as by how we act, what we say, and by what is visibly available in the cupboards.

Over the years I have found many ways to encourage healthy eating with our children and grandchildren.

### **WATER**

- Water is so important, yet often children will refuse to drink it. Here are two ways I have used to encourage drinking water.
- Usually small children will have a sippy cup. Why not get one for yourself as well? There are many adult cups available with lids and a spout or a straw.

Have your cup and your child's filled with water available on the table or somewhere handy. At regular intervals throughout the day make the remark, "I am so thirsty, I had better get a drink."

You run for your cup and have a sip. If they don't copy you the first time, they will after a few times. When you are done having a drink, make a remark something like this, "Boy was that good, so good!" Over exaggerate, if that's what it takes, or have a race for your cups.

- Have a tea party with your child's dishes, or with the sippy cups. Children love parties, and they love to pour pretend tea. (water).

***Actually you will both be getting water  
and that is a very healthy practice for everyone.***





## PICKY EATERS

- Often when our little grandchildren don't want to eat what I have prepared, I will give them a slice of whole grain bread with peanut butter on top. Peanut Butter is a meat alternative on the Canada's Food Guide and the bread fits well into the grains group. While that gets food into them, it doesn't help them learn to eat the meal I have prepared.
- Sometimes I will make a deal with them. If they will eat a small portion of the veggies, they can then have a slice of whole grain bread afterward.
- Put just a spoon or two of each food on the child's plate. They will be less likely to be discouraged. They will be done quickly and may even ask for seconds.

### **"It is recommended that children eat 1 tablespoon for each year of their age"**

- When foods are new, start introducing them very gradually. If they refuse a food, wait and introduce it again at another time and continue to do that quite a number of times, before you give up on any one food. Soon they will probably enjoy it, especially if they see that you are eating and enjoying it.
- Offer choices. Cook 2 vegetables and ask which one they would rather have. They usually will want to eat a food because it was their choice.
- Cut food into small pieces so they can eat them with their fingers, until they make a choice to eat with cutlery.
- Give them a bit of ketchup or dressing on the plate for them to dip their food into. Children love to dip and eat.
- Add alphabets to whatever soup you are making. Then have them try to find their own initials in their spoon or bowl. My mother made eating our name a game sixty years ago. Was she trying to get me to eat my soup? I really didn't know that at the time. It was a fun thing that I certainly remember.





- In the summer, when the garden is producing, either let everyone eat those veggies outside just after they are picked for the greatest amount of nutrition, or take them in, peel and all and have them at the table. Our family still looks forward to eating them both ways.



- Let your child help you get the veggies in and clean them up for supper. They will be more apt to eat what they have worked hard to get ready.

A nourishing food that will meet many nutritional needs is yogurt. With or without fruit, it makes a healthy snack.



### HIDE NUTRITION

As we look at the Canada's Food Guide, we see foods that children may not care to eat, yet we realize how beneficial they are to their health. We may want to find ways to hide them in meals or drinks.

*This could even be a good idea for teens and adults!*

- Onions – Many children and adults complain when they see onion pieces in their hamburger, gravy, sauces or soup. Blend the onions together with any of the wet liquids called for and it will never be noticed. The flavor will also be enhanced.



- Dried Beans and Lentils – once they are cooked, they can be pureed and added to hamburger, tomato soup, other soups, barbecue and pizza sauces.



- Carrots, beans, squash etc. – After cooking, these vegetables can also be pureed and added to gravy, soup or sauce. The herbs and spices you add, will cover up the taste, if that is a problem.

### **SPECIAL CUTS!**

- Children love finger food, so why not allow them to eat as many vegetables raw as possible. The broccoli can become “little trees”. Carrots cut with a zig-zag cutter can be called “critters”. Cauliflower pieces can be called “flowers.” Think up names for other vegetables.
- Mix up a healthy dip for them to dip their veggies into.
- Serve cheese and meats in small cubes.

### **IS THE SOUP TOO HOT?**

A few weeks ago a few grandchildren were over for lunch. Their mom asked for ice-cubes to cool off their bowl of soup.

“What a great idea,” I thought. I had never done that when our children were small.



### **“Don’t Throw The Nutrients Down The Drain!”**

#### **VEGETABLE WATER!**

I usually save the water that I drain from cooking vegetables. I keep it in the fridge and add it to soup or gravy, or freeze it for later on.

This liquid has many nutrients that have leached out of the vegetables, so why not use it in soups and gravies and feed these nutrients to our bodies.

I then had a great idea!

Now I pour the liquid I have drained off of the vegetables into an ice-cube tray. Once frozen, they can be put into an airtight container.

The next time the kids come, they will get a healthy ice-cube in their hot soup. In fact, it can be for my soup too, when it is too hot.

*These cubes can be used when making soup or gravy as well.*

**SMOOTHIES!** – enough for 2 adults or 4 children.

Researchers are now telling us that it is best to make these smoothies with only vegetables or only fruit, not mixing them. Who's right?



Wash and peel the following fruits.

1 orange

1 apple

1 banana

2 ice-cubes

½ cup loose frozen raspberries or strawberries

½ cup yogurt

Blend them well and pour into each cup. Enjoy with a spoon if it is too thick.

### **VEGETABLE SMOOTHIES**

They say to begin, choose vegetables that your children already enjoy, or ones that don't have a strong flavor. Personally, I like vegetable smoothies to have a tomato juice base and then I add smaller amounts of other vegetables so it will be like a V-8 juice.

Every child is different, but some enjoy carrot juice, so that would be a place to start.

### **DRESSING**

A vegetable smoothy can also be added to a dressing for a salad. Pour equal amounts of a child's favorite dressing with the same amount of vegetable smoothy. Pour this over their salad, or use it to dip raw veggies in.

### **CREAM SOUPS**

If your child enjoys any cream soups, you can add vegetable smoothy to the soup after it is heated. I guess it can help cool off the soup too!



## IT'S ALMOST EASTER



*This is a special time of the year when we remember Christ's death on the cross for each one of us. Share these thoughts with your children during these weeks as well as throughout the year.*

*Children will probably have a few days out of school and they may want something to do. Take the time to do things with your children!*

### **EGG GAME:**

Hard boil eggs and have a race in the house or outside (depending on the weather) to see who can keep their egg in a spoon the longest.



### **PUDDING NESTS**

1 package pudding mix  
Milk  
Whipped cream  
Jelly beans

Mix the pudding with milk as directed on the package. Spoon the pudding into dessert dishes. Top with a spoon of whipped cream. Nestle a few jelly beans in the middle of each.

If children like coconut, toast a few tablespoons of coconut in a dry pan on the stove, stirring often, only until golden brown. Sprinkle on the whipped cream before adding the jelly beans. Just like a bird nest!

### **COLORING EGGS**



*We always took time to color eggs with our children and now with our grandchildren. I use food coloring and don't buy any special kits, but today there are many kinds of decorating kits to be bought.*

#### **RECIPE FOR EGG COLORING**

Put 8 drops of different colored food coloring into mugs. Add 1 teaspoon vinegar to each. Into each cup pour boiling water so it is half full.

Put a boiled egg with the shell on into the mug carefully so the egg doesn't crack. The children can hold the mug with their one hand in the handle of the mug and stir the egg with a spoon in the other hand, until the egg is a bright color.

Take the egg out and put on to a rack that is placed over a newspaper, to catch the drips. Continue to use the coloring until you have colored as many eggs as you want.

When I was little we colored enough eggs at Gramma's house to last over the Easter week-end.

They seemed to taste so much better because they were colored.

#### **Eggs are a good meat alternative on the Canada's Food Guide.**

Have a copy of the Canada's Food Guide in your home and show it to your children. Use it as you and your children make the grocery list together. Keep your children informed and let them help shop and teach them how to make wise choices.

Yes, as parents and grandparents we often use the CFG to plan healthy meals for our children, but remember, if we want to be role models, we should be thinking of our own health as well.

Next month we will focus on family recipes that feature the Canada's Food Guide, and as well on gardening. It won't be long and we will be ready to put those seeds into the ground. My mouth is watering for those fresh nutritious veggies!



#### **Winnie Says, "LET'S CELEBRATE!"**

Winnie is so very excited with the *NEW CANADA'S FOOD GUIDE* and believes it should be celebrated by everyone.

The first thing she did was to help organize a Health Fair in her area. With the help of a dietitian they planned a "Taking Time For Your Health" fun event.

A dietitian will be presenting the new guide to everyone who attends and expanding on a few areas using power point.

They are planning a tour called "AN AMAZING RACE". After the presentation of the NEW CANADA'S FOOD GUIDE, the visitors will take a tour of booths set up with foods for sampling from each area of the guide. Local businesses are donating lentils, dried beans, soybeans and flax. Caterers and food enthusiasts will be preparing foods using the pulses, grains, vegetables, eggs, cheese etc.

The first 60 to complete the Amazing Race will each receive a free cookbook of grains and pulse recipes. There will be many other door prizes.

Yes, the Morris area wants to "EMBRACE THE NEW CANADA'S FOOD GUIDE". They are hoping that everyone will learn to "prepare healthier meals" and "get more physically fit." as they follow the guide.

***Why don't you help organize an event something like this in the area where you live?***

But Winnie, too, wants to celebrate. What can she do to promote healthier living among all her readers and customers?

**Winnie informs you, her online friends and clients, of a limited time**

### **Amazing Offer!**

Soybeans are a very nutritious bean that fit well with the suggestions in the new guide. Winnie has discovered that soybeans can be used in so many food preparations with excellent and tasty results. She decided to discount the SOY SATISFIED cookbooks so that everyone can have all of these great recipes at the fingertips.

The suggested retail price is \$16.95 and it is at present selling for \$14.95.

But **NOW**, if you will order directly from *Winnie's Winning Ways*, you will get SOY SATISFIED cookbooks for only **\$10.00** each. The website still lists the price of \$14.95, but for a limited time you can just disregard that and send \$10.00 for each SOY SATISFIED cookbook. (*plus the P&H and GST*).

***You can celebrate the New Canada's Food Guide by ordering this cookbook at this special price for yourself and if you like, more to use as gifts!***

Go to [www.winnieswinningways.ca](http://www.winnieswinningways.ca) to order or contact Winnie at Winnie's Winning Ways Box 59 Morris Manitoba R0G1K0 or call 1 204 746-8162

Sincerely Elaine (Winnie)

### **About the Author**

***Winnie is always looking for ways to provide inexpensive, nutritious and yet healthy meals for her family. Once they pass the test and are enjoyed by her family and friends, she is ready and eager to pass them on to others. Winnie wants to see others enjoy the same success that she does. Her ideas, hints and recipes are all found in the cookbooks & eBook she has published over the past number of years. Now as well on her website, under the Freebies button, Winnie shares monthly newsletters with new recipes, ideas and hints. As you read them through, watch for SPECIAL PRICES on a variety of her cookbooks***

***To view her cookbooks, go to: [www.winnieswinningways.ca](http://www.winnieswinningways.ca)  
<<http://www.winnieswinningways.ca/>>***