

Good food is good mood



MARCH



## Food Good Enough To Eat

If mealtime feels like combat with kids, getting them to eat more than chicken nuggets and pizza, consider these strategies to prevent mealtime negotiations:

**Set a good example.** If you eat a variety of healthy foods, children are more likely to eat what is prepared.

**Stick to a routine.** Serve meals and snacks around the same times daily.

**Be patient with new foods.** Serve new foods along with favorite foods.

**Make kids part of the process.** At the grocery store, let kids help choose fruits and vegetables. At home, encourage them to help wash the veggies or stir food in the pan, with supervision.

## SELF-CARE

If your child rejects a meal, encourage them to stay at the table until everyone is finished.

### CHALLENGE: BUILD A BALANCED FOOD PLATE BY FILLING HALF WITH VEGETABLES.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

| Sun   | Mon   | Tue  | Wed   | Thu  | Fri  | Sat  |
|---|---|--|---|--|--|--|
| February 2021<br>S M T W TH F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 | 1<br><input type="checkbox"/>                     | 2<br><input type="checkbox"/>                        | 3<br><input type="checkbox"/>                       | 4<br><input type="checkbox"/>  | 5<br><input type="checkbox"/><br>Employee Appreciation Day | 6<br><input type="checkbox"/>  |
| 7<br><input type="checkbox"/>   | 8<br><input type="checkbox"/>                     | 9<br><input type="checkbox"/>                        | 10<br><input type="checkbox"/>                      | 11<br><input type="checkbox"/><br>World Kidney Day   | 12<br><input type="checkbox"/>                             | 13<br><input type="checkbox"/>   |
| 14<br><input type="checkbox"/><br>Daylight Savings Time   | 15<br><input type="checkbox"/>                    | 16<br><input type="checkbox"/>                       | 17<br><input type="checkbox"/><br>St. Patrick's Day | 18<br><input type="checkbox"/>   | 19<br><input type="checkbox"/>                             | 20<br><input type="checkbox"/><br>First Day of Spring<br>International Day of Happiness                                      |
| 21<br><input type="checkbox"/>  | 22<br><input type="checkbox"/><br>World Water Day | 23<br><input type="checkbox"/><br>Diabetes Alert Day | 24<br><input type="checkbox"/>                      | 25<br><input type="checkbox"/>   | 26<br><input type="checkbox"/>                             | 27<br><input type="checkbox"/><br>Passover   |
| 28<br><input type="checkbox"/><br>Palm Sunday   | 29<br><input type="checkbox"/>                    | 30<br><input type="checkbox"/>                       | 31<br><input type="checkbox"/>                      |  <b>BROCCOLI NUGGETS</b><br>1 head of broccoli florets finely chopped<br>1 cup Italian breadcrumbs • 3 eggs<br>1 cup shredded cheddar cheese<br>½ tsp. garlic powder • ¼ tsp. salt<br><br>Preheat oven to 375°F. Combine in a large bowl or food processor, broccoli, eggs, breadcrumbs, and seasonings. Scoop veggie nuggets into parchment lined baking sheet and press them down. Bake 20-25 minutes until golden brown. |  | April 2021<br>S M T W TH F S<br>1 2 3<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 |