

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



PB&J Sushi

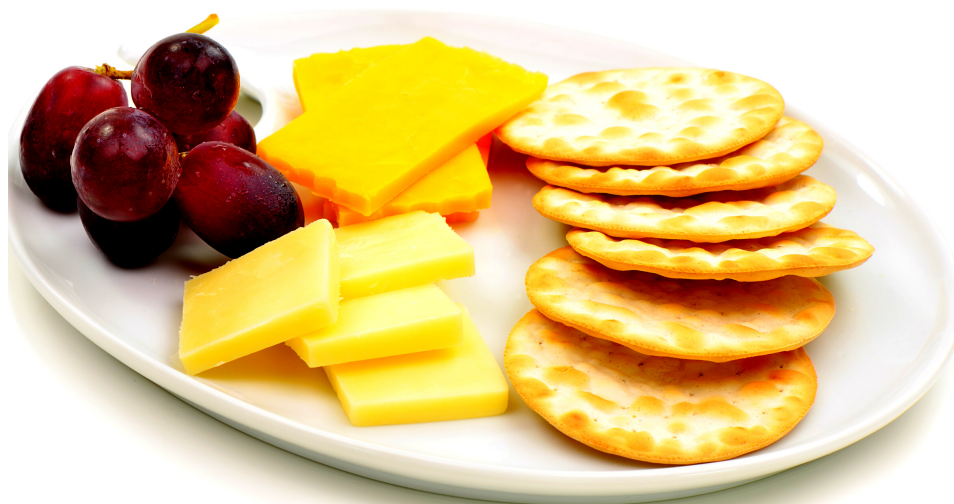
4 slices of bread
1/2 cup smooth
nut butter
1/2 cup jelly or
jam

Remove crusts
from bread. Using
a rolling pin, roll
bread until very
flat. Spread with
nut butter and
jelly/jam and then
roll tightly. Cut
into 2 inch pieces
and serve!

FOOD, GLORIOUS FOOD!

Healthy eating is a goal that many of us strive for. This is especially important when we have small children at home, as our eating and cooking habits will help shape our children's relationship with food for the rest of their lives. We've compiled a resource list for you that may help with your family's healthy eating journey, and we've included a fair number of recipes in our newsletter as well. Enjoy!

- Our local Health Unit has compiled a selection of videos on the topic of preschool nutrition. You can check these out at:
<https://hnhu.org/health-topic/video-series-on-preschool-nutrition>
- Looking for ideas on how to feed a toddler or preschooler? Have a picky eater at home? Check out this resource: <https://hnhu.org/health-topic/feeding-your-toddler-and-preschooler/>
- Did you know that a "child may need to be exposed to new foods more than 10 times before they try it?" Check out this website for more info about that: <https://www.zertothree.org/resources/1072-how-to-handle-picky-eaters>
- Prefer books over the computer screen? Check out the book "The Sneaky Chef - Simple Strategies for Hiding Healthy Foods in Kids' Favourite Meals" by Missy Chase Lapine. Her cookbook offers a variety of ways to 'sneak' those valuable nutrients into everyday favourites.



SNACKS, SNACKS AND MORE SNACKS . . .

With COVID-19, our Centres have been on hold for quite some time. There are many things we miss about our programs - our families, our co-workers and the amazing activities we would share. Snack is another thing that we miss with our families. Providing nutritious breaks in our day has always been a great way to build bonds with each other. Below, we've gathered a list of the healthy snacks we would provide across our sites and counties. If you and your children miss our programs as much as we miss you, perhaps sharing a 'Centre snack' will help!

Apples, cheese and crackers - nothing says nutrition like hitting up these three food groups! Always a popular snack at any program.

Trail Mix - fish-shaped crackers, high-fibre cereals, raisins (or cranberries) all mixed together! Great for putting in snack bags and taking outside!

Toast Art - Add food colouring to different bowls of milk. Paint the bread and then toast it to see the colours pop!

Parfaits - Children can help put together these layers of yogourt, fresh berries and granola.

Ants on a log - fill some celery sticks with cream cheese and/or nut butter, and place raisins on top like 'ants'!

Rice Cakes Deluxe - Top your plain rice cakes with cream cheese and jam. This is a great activity for any child to do themselves!

Smoothies - Put milk, yogourt and fresh or frozen fruit into the blender for a delicious smoothie! Let the children choose the fruits.

Self-made sandwiches - Let the children choose what fillings for their sandwiches - deli meat, cheese, jam, etc. You can even cut them into different shapes to make it more interesting!

Mini Pizzas

English muffins
Pizza sauce
Pepperoni
Grated cheese
Mushrooms (or any veggie)

Cover muffin with sauce and choice of toppings (meat and/or veggie and then sprinkle on grated cheese. Put under the broiler for a few minutes, until cheese is melted.



We've all heard about tomato salsa - but why not make it sweet by trying a fruit salsa!!

Mix together some fresh berries, kiwi and/or other fruits you like (you can add a little honey if fruits are tart).

Butter a tortilla and sprinkle cinnamon sugar on it, then broil it for a few minutes. Cut the cooled down tortilla into chip sizes and serve with the salsa!



DON'T PLAY WITH YOUR FOOD!

We have always been told not to play with our food - but it can be a fun way to explore a variety of flavours. The following is a great activity to do with a child who is reluctant to try new foods!

Gather a selection of food you would like to introduce to your child and some of their firm favourites (don't let them see you do this part!).

While sitting at a table, put a blindfold on your child and then, one by one, offer the food to the child and get them to try and guess what it is they're eating. Of course - it's only fair you play this game to!

MORE RESOURCES FOR PARENTS

The Canadian Food Guide has come a long way over the past decade, and there is an infinite amount more resources available for parents to use when it comes to making healthy meals. Here are just some ideas that can help bring healthy eating into your home:

- Plan what you're going to eat at each meal.
- Shop based on that plan (this helps the budget to!)
- Have healthy options available
- Limit the number of processed foods
- Grow your own food
- Have a set place where you can eat and enjoy meals with the whole family.

For more information, check out: <https://food-guide.canada.ca/en/tips-for-healthy-eating>



RECIPE OF THE WEEK

Chicken nuggets are a popular food of choice for a lot of children. When bought from the store or fast-food chains though, they may contain a lot of unwanted ingredients that aren't so healthy. Check out this version we found that's perfect (and healthy) for any toddler!!

Toddler Perfect Chicken Nuggets Recipe

1/2 pound chicken breast

1 large egg

1 dash salt

1/2 cup bread crumbs (plain)

2 tablespoons butter, unsalted and melted.



1. Boil chicken breast for 20 minutes in water.
2. In a blender, blend together cooked chicken breast, egg and salt.
3. Roll meat mixture into balls, or pack them into a cookie cutter and then cover them in the breadcrumbs.
4. Place shapes (or balls) onto a cookie sheet and drizzle with the melted butter to make them crispier.
5. Bake at 400 degrees for about 10 minutes. Flip halfway through if you want both sides crispy!
6. Dip in your favourite dip, like honey mustard, ketchup or BBQ sauce. Enjoy!

Retrieved from: <https://www.superhealthykids.com/recipes/toddler-perfect-chicken-nuggets/>

The Picky Eater!

Picky eating can be frustrating and stressful for both you and your child. Here are some strategies we have found to help get you through!

1. Trust your child! You decide what foods to offer, when to offer foods, and where you serve the food. Your child decides which foods to eat and how much to eat.
2. Sit and eat with your child, avoiding distractions like TV or toys.
3. Involve your child in the cooking and meal prep! Children may become curious about foods they helped prepare.
4. Don't force your child to eat. Pressuring them to eat will likely have the opposite effect. It's ok if they don't finish everything on their plate.



WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home to stay connected with everyone, and to help those in need during these turbulent times.

If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224

Feel free to find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting activity ideas, circle time videos and stories, and tips to stay healthy at home.

Have an idea you'd like to see us try? Email us at earlyon@hnreach.on.ca