



Food Matters



Family Newsletter

CHEF COMBO AND THE DINOSAURS

Your child visited the land of dinosaurs with Chef Combo. He or she saw dinosaurs grazing on a favorite food: vegetables.

Would vegetables be on your child's list of favorite foods? If not, read this newsletter. It includes tips that may help your child learn to enjoy veggies and fruits.



ASK CHEF COMBO

Question:

My food budget is very small. All I can afford are canned fruits and vegetables. Are these nutritious?

Answer:

*Fresh is best, but canned is grand,
And cans are simple to keep on hand.
Besides being very easy to eat,
The money you save just can't be beat.
When you shop, skip the chips
and candy,
Pick canned fruits and vegetables—
they're dandy!*

FASCINATING FOOD FACT

It can take up to 8–10 exposures to an unfamiliar food before a child is willing to taste it. Acceptance can take 12–15 tasting exposures! Best approach? Continue to offer—not force—new foods. Broccoli anyone?

NIFTY NUTRITION NUGGETS: HOW TO GET YOUR CHILD TO LOVE FRUITS AND VEGETABLES!

- Introduce your child to Elvis Presley by making his favorite sandwich—peanut butter and bananas.
- Ever try a McRaisin? Pack boxes of raisins in the car to round out fast food meals.
- Finally: an easy dessert! Mix fresh or canned fruit with plain or vanilla yogurt.
- Feeling fancy? Fill a canned peach half with cottage cheese or yogurt. Be prepared for "ahhs!"
- Try the North Pole special. Freeze grapes or bananas for a treat.
- Looking for a quick snack? Sprinkle cinnamon on applesauce.
- SOS for time-pressed parents: Buy clean, cut, and sliced vegetables from the grocery store.
- Veg out with a kiddie cocktail. Serve tomato juice with a celery or carrot stick.
- Now you see them, now you don't. Add grated carrots to meatloaf and hamburgers.

FEATURED RECIPE

Watch veggies disappear when you serve **Dinosaur Dip** to your favorite Stegosaurus.

Munchies with Dinosaur Dip

- 1 cup sour cream
- 1 cup yogurt
- 1 package dry ranch salad dressing mix

- Mix all ingredients in a small bowl.
- Refrigerate for ½ hour before serving.
- Serve with dinosaur munchies like "trees" of broccoli, sticks of carrots, or other favorite veggies.
- Refrigerate leftover dip for later taste treats.

Food Safety Tip—

Provide your child with a child-size portion of dip in his or her own bowl.