



Food Matters



Family Newsletter

CHEF COMBO'S POT OF GOLD



With the help of Chef Combo, your child's class discovered that healthy foods come in all the colors of the rainbow.

You don't have to search to the end of the rainbow for healthy foods. This newsletter features tips for drinking and eating more "bone-building" foods like milk, cheese, and yogurt. When children eat three or more servings of these foods a day, they're on the road to something even a pot of gold can't buy: good health.

FASCINATING FOOD FACT

Only half of all children in the United States meet the nutritional requirement for calcium. Children who don't get enough calcium may not build the strongest bones possible. What can you do to help your child? Offer plenty of calcium-rich foods like milk, yogurt, and cheese. Bottoms up!

FEATURED RECIPE

Recipe for the perfect recipe:
Easy to make. Children love it.
Low in cost. Ready in 5 minutes.

Ring Around the Rainbow Parfait

- 1 4-ounce container of your favorite yogurt
- 2 tablespoons of crunchy cereal, such as granola
- ¼ cup of your favorite fruit (fresh or canned, drained)

- Place 2 spoons of yogurt in the bottom of a cup.
- Add 1 spoon of cereal.
- Add 2 spoons of fruit.
- Continue to layer the yogurt and fruit.
- Top with cereal.

ASK CHEF COMBO

Question:

My child jumped from milk in a baby bottle to soft drinks in a can. How can I help my child make the move back to milk?

Answer:

Drinking soft drinks may be fun, But milk builds bones so kids can run. Wondering how milk can compete? Learn to make it an equal treat! Serve it cold in a bright-colored glass, Add a straw and they'll drink it fast.



*Try flavored milks, they're quite nutritious
And kids agree they're quite delicious.
Add milk to cereal, soups, and pudding,
Then milk will be on equal footing.
Serve it daily at all your meals,
And soon you'll be hearing happy squeals.*

NIFTY NUTRITION NUGGETS: HOW TO GET YOUR CHILD TO DRINK MILK; EAT YOGURT AND CHEESE

- What's the most popular family sandwich? Cheese! Pile it on and smile.
- I scream, you scream, we all scream for...frozen yogurt. It makes an easy dessert.
- Involve your child in the kitchen. Let him or her sprinkle grated cheese on veggies and potatoes.
- Looking for the 30-second breakfast? Take the lid off yogurt and serve.
- Start a family tradition. Warm chocolate milk in the microwave for a bedtime treat.
- Guilt-free snacking: cereal and milk.
- Make your own snow-capped mountains. Dip grapes in vanilla yogurt.
- String cheese makes beautiful music in brown-bag lunches and on picnics.