



Food Matters



Family Newsletter

CHEF COMBO HAS HEART

With Chef Combo's help, your child learned that we all love different foods.

But the food and love connection goes further. When you serve your child nutritious foods and spend time talking with your child during meals, it's a way of expressing your love.

FEATURED RECIPE

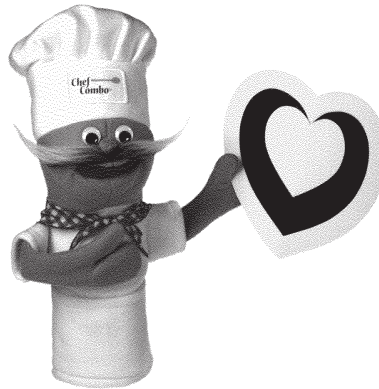
Let your child make his or her very own serving of pudding.

Sweetheart Pudding

- 2 tablespoons milk
- 2 teaspoons of instant vanilla pudding
- 3–5 drops of red food coloring

Pour the milk into a cup. Add the instant pudding mix and 3–5 drops of red food coloring. Stir for about 2 minutes. Let the pudding set for as long as recommended on the pudding box (about 2 minutes).

Enjoy!



NIFTY NUTRITION NUGGETS: FOODS YOUR CHILD—AND YOU—WILL LOVE!

- More cheese, please. Sprinkle grated cheddar cheese on a flour tortilla. Melt cheese in the microwave or oven. Roll, slice, and serve.
- Tummy warmer. Make cream of tomato soup with milk. Ahhh...
- After school special. Serve cinnamon toast, cocoa, and a smile.
- Make instant oatmeal for breakfast or a snack. Add brown sugar and milk. It doesn't get much easier or faster than this!
- Remember "ants on a log"? Put cottage cheese in celery stalks. Let your child sprinkle raisins or sunflower seeds on top for "ants."
- The 30-second comfort food. Graham crackers and ice cold milk.
- Toast an English muffin or bagel. Spread with jam or peanut butter. Serve with a happy face and listening ears.

ASK CHEF COMBO

Question:

I'm always serving new foods. But my daughter refuses to try them. What can I do?

Answer:

*"Monkey See, Monkey Do"
Can apply to children, too!
If you eat the food that's new
She'll more than likely copy you.
Show you love it and she just might
Be glad to take another bite.
Keep portions small (teaspoon or so),
To turn around her "No, No, No!"
And if it's a food you think she'll hate,
Include other favorites on her plate.
If she still refuses...don't dismay,
Try again another day!*

FASCINATING FOOD FACT

Research shows that if you want a child to try a new food, you should be sure to taste the food in front of them...and let your child know that you like it.