



## Healthy Food C.A.N.



There are **3 factors** that affect food choices for both kids and adults. Is the food:

### Convenient?

- Is it easy to see?
- Is it easy to get?
- Is it easy to eat?

### Attractive?

- Does it sound tasty?
- Does it look good?
- Is it priced right?

### Normal?

- Do I see other people eating and enjoying it?
- Have I seen other people buying it?
- Is it something that we've had to eat before?

We can apply this at home by putting the healthy food where it's easy to reach and making less nutritious food harder to access. Adults can make sure healthy food is seen as the norm by purchasing, preparing, and enjoying it themselves!

Taking care of ourselves can take a lot of support. We're here to help! Ask a nurse or provider if you'd like to talk.

## Food That's "Good To Grow!"

Kid-Friendly  Healthy  Affordable

Every day, our children are developing health habits that will impact them their whole lives. Helping them to grow a love of nutritious foods



is a great way to start them on a healthy path. Here are some tips to get you started!

### 1. Walk the talk, and eat that beet!

How's *your* diet? Even if you don't currently love all things healthy, start having conversations and making improved nutrition a family project.

### 2. Plant a garden and cook together.

Kids are more likely to eat food that they've help grow and/or prepare. Lettuces & radishes mature quickly, cherry tomatoes are the perfect size for little hands, and carrots often grow in silly shapes!

**3. Keep treats tiny.** You don't have to completely banish "indulgence foods," just serve half of what you normally would. And....notice if they're actually *occasional* treats, or if they've become a part of most meals.

**4. Take a short cut to better eating.** Kids love food that's bite-sized, and simply cutting fruits and veggies into small,

easy-to-eat pieces has been shown to increase the amount that kids consume. Plus, it's cheaper to buy whole veggies and fruits and then slice them up.

**5. Offer options.** Everyone likes to feel in control of what they eat. Asking something like, "Which would you like for supper tonight, broccoli or cauliflower?" gives kids a chance to practice making healthy choices.

**6. Stop at the "Flavor Station."** How about some cinnamon on that sweet potato or lemon juice on your spinach? Offering spices, herbs, and low-salt seasonings allows kids to personalize their meals and experiment with new flavors.

For more information on ways that you can make healthy food choices easier, visit: <http://foodpsychology.cornell.edu/>

## Flip Over For Delicious Recipes!



# Let's Get Cooking!



## Grape and Ricotta Pita Pizzas

Pizza doesn't get any easier than this! Using whole-wheat pita bread as the crust cuts down on prep work and also gives a nutritional boost to this dish. Ricotta, sweet grapes, and honey lend a savory-sweet contrast to each bite. Serves 4.

### Ingredients

- 2 pieces whole-wheat pita pocket bread, about 6 inches in diameter
- 1 Tablespoon olive oil
- 1/2 Cup part-skim ricotta
- 1 Cup red or black grapes, sliced thinly
- 2 Teaspoons honey
- 1 Teaspoon lemon juice
- 6 large or 12 small fresh basil leaves, cut into ribbons

### Directions

Preheat the oven to 450 degrees. Line 2 baking sheets with parchment paper. Slice the pita pockets in half so that each forms 2 rounds and you have 4 rounds in all. Place the pita rounds on the baking sheets cut side up, and brush the top of each with the oil.

Spread 2 tablespoons of the ricotta on each pita, leaving about a 1/2-inch border around the edges, then arrange the sliced grapes in a single layer on top of the cheese. Bake until the edges are crisped and the cheese is warmed, 5-7 minutes.

In a small bowl, stir together the honey and lemon juice until the honey is dissolved. When the pizzas are done, drizzle each with about 1/2 teaspoon of the honey-lemon mixture. Sprinkle the basil on top of the pizzas. Serve immediately.



## Crispy Zucchini Oven Chips

Transform zucchini slices into oven-baked chips for a fun way to eat your veggies. Have the kids help dredge zucchini in breadcrumbs and watch them crisp up in a hot oven. Serve as a side dish or dip in marinara sauce for fun party food. Serves 4.

### Ingredients

- 1/4 cup dry breadcrumbs
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons milk
- 2 1/2 cups (1/4-inch-thick) slices zucchini (about 2 small)
- Olive Oil

### Directions

Preheat oven to 425°.

Put a little olive oil on a paper towel and then wipe down slats of an oven-proof wire rack.

Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.

Place coated slices on wire rack coated.

Place rack on a baking sheet. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.