

# NEWSLETTER

The Families, Food, and Health Project

1

2

**IN THIS ISSUE**

How to Help Picky Eaters 1

Getting Kids Active in the Kitchen 1

Upcoming Events 1

Easy Breakfast Burrito 2

**Upcoming Events:**
**Zumba at Mt. Peace Baptist Church**

Mondays @ 7-8:30AM & Saturdays @ 12:30-2PM  
1601 Martin Luther King Jr. Blvd., Raleigh, 27610

- Call to Confirm: 919-807-1194
- Cost: \$3

**Hike at Raven Rock**

Jan. 21 @ 9:00AM  
3009 Raven Rock Rd., Lillington, NC  
910-893-4888  
Call for meeting place

**Morning Yoga at Tree of Life**

Jan. 27 @ 10-11:00AM  
Feb. 3 @ 10-11:00AM  
126 W Main St. Sanford, NC, 27610  
For all levels  
Drop-in \$10

**Check the VIA calendar for more events:**
<http://voicesintoaction.org/events>

## Pint-Sized Critics: How to Help Picky Eaters

Nichole Huff, Ph.D., CFLE

Maintaining a healthy diet can be challenging for adults and especially kids. If your child has a picky palate, mealtime has likely become a frustrating family experience instead of a time to connect with your child. Here are a few tips to help your picky eater.

**Avoid Power Struggles:** Don't force children to try new foods. Instead, serve small portions of new foods alongside tried and true favorites. If your child protests green beans, suggest they start with the rice first, and then try the green beans second. Also, begin by matching serving sizes to age. For example, "Eat three carrots because you're three years old." Or, "Try five bites of chicken because you're five." This gives your child a reasonable expectation and a personal connection to the meal.

**Make Mealtime Fun:** Have fun with your child in the kitchen. Be creative with how you arrange food on the plate, or try pairing foods with a favorite character or book. Turn broccoli into "tiny trees," apple slices into "sail boats," and cooked carrots into "gold coins." Additionally, be sure to engage your child in the cooking process, letting "your little chef" help stir, mix, and taste as you prepare the meal together.



**Try and Try Again:** Remember, expanding the palates of picky eaters takes time. Model healthy eating in front of your child, and be patient as he or she develops a taste for new and healthy foods. After you introduce a new food, offer it regularly. It can take 10 or even 15 tries before a child embraces a new dish.

For more tips visit these websites:

- <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/tag/kids/>
- <http://www.eatsmartmovemorenc.com/Family.html>

## Getting Kids Active in the Kitchen

It's important for kids to know where their food is coming from and how it is prepared. It can be difficult to get them involved with cooking, especially because many kitchen tasks aren't exactly safe for children. However, our friends at EFNEP (Extended Food and Nutrition Education Program) have come up with 10 easy ways to get kids active in the kitchen! You can have your kids assist in the kitchen by letting them:

1. Choose the recipe.
2. Clear out a working space.
3. Measure out the ingredients.
4. Stir the ingredients.
5. Rinse the fruit and vegetables.
6. Spread the ingredients.
7. Mash soft fruits and vegetables.
8. Mold batters into shapes.
9. Set the table.
10. Clean up.

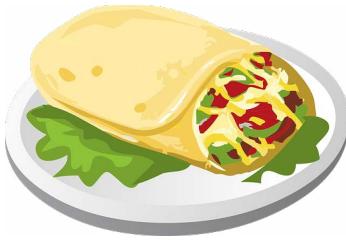
Source: [https://www.ncfamilieseatingbetter.org/EFNEP/partners/materials\\_cookbook.html](https://www.ncfamilieseatingbetter.org/EFNEP/partners/materials_cookbook.html)

Check the VIA calendar for upcoming meetings and community events in your county! <http://voicesintoaction.org/events>

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 Follow us on [Twitter.com/voicesintoaction](http://Twitter.com/voicesintoaction)

# Easy Cheesy Breakfast Burrito



## INGREDIENTS:

- Non-stick cooking spray
- 1 (10 inch) whole wheat tortilla
- 2 eggs
- 2 strips turkey bacon
- 1/4 cup chopped green bell pepper
- 1/8 cup low-fat shredded cheddar cheese
- 1 tomato, sliced

## INSTRUCTIONS:

1. Spray skillet with non-stick cooking spray.
2. Over medium heat, add green peppers.
3. Crack the eggs in and scramble using a fork.
4. Add eggs to skillet with green peppers.
5. While eggs are cooking, cook turkey bacon according to package instructions.
6. Continue stirring egg mixture until cooked.
7. When turkey bacon is cooked until crispy, break into small pieces.
8. Add egg mixture to tortilla and top with cheese, green pepper, turkey bacon, and tomato.
9. Wrap into a burrito, cut in half and enjoy.

Source: [https://www.ncfamilieseatingbetter.org/EFNEP/partners/materials\\_cookbook.html](https://www.ncfamilieseatingbetter.org/EFNEP/partners/materials_cookbook.html)

This healthy recipe idea is courtesy of Eat Smart Move More NC.

This recipe and others can be found at:

[www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes](https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes)

If you are looking for free tools to promote healthy eating and active living for your family, school, church, worksite, or community, visit the website below to get started!

[www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html](https://www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html)

Our mission is to partner with communities to improve access to healthy, affordable food and safe places to be active.



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