



NUTRITION NEWS!

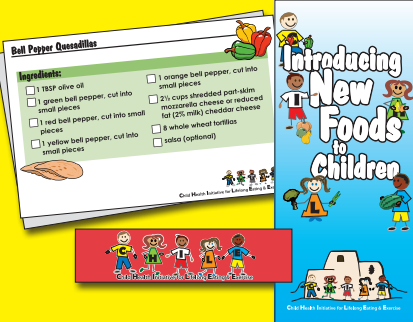
MODULE 1



CHILE PROJECT GOALS

- ☒ Families will eat more fruit, vegetables, and foods made with whole grains
- ☒ Families will eat less sugar and high-fat foods
- ☒ Families will be more physically active
- ☒ Families will watch less TV

Bring your child along to find bell peppers and melon in the fruit and vegetable section of the grocery store.



WHAT'S UP...

At Head Start, your child has been tasting bell pepper and melon in classroom activities, meals, and snacks. Keep an eye out for the CHILE take home activities with recipe ideas for bell pepper and melon. The more times you and your family try new foods together, the more likely your child will enjoy these foods throughout his or her life. Try adding bell pepper and melon into meals and snacks at home over the next few weeks. Don't forget to cut foods into small pieces no larger than ½ inch to prevent choking. Some ideas include:

- Dip different colored bell pepper pieces into salsa or a low-fat dip.
- Add brightly colored bell pepper pieces to quesadillas, tacos, and burritos.
- Add bell pepper pieces to any pasta or soup for added color and flavor. Try the **Bell Pepper Pasta** recipe included in this newsletter.
- Create edible art with your child. Ask your child to create art made out of different colored bell pepper pieces.
- Combine reduced fat cottage cheese and small pieces of cantaloupe for an easy snack.
- Add small pieces of cantaloupe to oatmeal for breakfast.

Cantaloupe Cottage Cheese Salad

INGREDIENTS:

- 2 cups lowfat or fat-free cottage cheese
- 1 medium cantaloupe, seeded and cut into pieces no larger than 1/2 inch
- 2 kiwifruit, peeled and cut into pieces no larger than 1/2 inch
- Lettuce (leaf lettuce or romaine will work well)

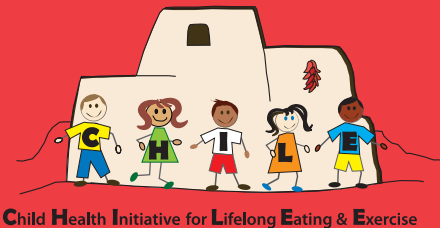
DIRECTIONS:

- 1) Combine cottage cheese and cantaloupe pieces.
- 2) Spoon mixture over plate lined with lettuce leaves.
- 3) Sprinkle kiwi pieces on top.

CHILE
RECIPE



This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



PREVENT CHOKING AT HOME

Foods can be choking hazards based on size, shape, and texture. Avoid serving children foods that are small, round, smooth, and/or slippery (such as cherry tomatoes, grapes or hot dogs) since they can be swallowed whole and are the perfect shape to plug a child's airway. Chunks of hard or fibrous foods, such as raw fruits and raw vegetables, can also be choking hazards if children are not able to chew the food completely. Avoid sticky foods, like spoonfuls of peanut butter, since they can form to a child's airway and cause them to choke.

The American Academy of Pediatrics recommends cutting foods into small, easily chewed pieces no larger than one-half inch.

The following foods are choking hazards, according to the American Academy of Pediatrics:

- | | |
|------------------------------|-------------------------|
| Hot dogs | Popcorn |
| Nuts and seeds | Chunks of peanut butter |
| Chunks of meat | Raw vegetables |
| Hard cheese | Raisins |
| Whole grapes | Chewing gum |
| Hard, gooey, or sticky candy | |

Avoid giving your child foods that are choking hazards or prepare them in a way that lowers the risk of choking (for example, slice hot dogs lengthwise and into small pieces no larger than 1/2 inch; cut a cherry tomato or grape into quarters).

Do not rush children to finish a meal or snack. Children should never eat while they are walking, running, or laughing. An adult should ALWAYS watch children while they are eating. Finally, take a course in basic lifesaving skills and first aid so that you are prepared in case of a choking emergency.

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

A CHILE newsletter will be brought home by your child enrolled in Head Start several times this school year. Each newsletter will include a CHILE update and tips on how to keep your children active and eating all the foods that are good for them!

Bell Pepper Pasta

INGREDIENTS:

- 1 Tablespoon olive oil
- 1 Green bell pepper, diced
- 1 Red bell pepper, diced
- 1 Yellow bell pepper, diced
- 1 Onion, minced
- 2-3 garlic cloves, minced
- 1 14-oz can tomatoes
- 1/4 cup chopped parsley
- 1/2 cup shredded part-skim mozzarella cheese
- 1 pound whole wheat pasta, cooked.

DIRECTIONS:

- 1) In large skillet, heat oil and add peppers, onion, and garlic.
- 2) Cook for 5 minutes or until vegetables are soft.
- 3) Add tomatoes and 2 Tablespoons of parsley.
- 4) Cook for an additional 5 minutes.
- 5) Add the cooked pasta, remaining parsley, and cheese. Serve.

CHILE
RECIPE

