



WIC Works!

Nutrition News for Benton, Black Hawk, Bremer,
Buchanan, Chickasaw and Grundy County



Picky Eaters

Having trouble with a picky eater in your family? Picky eaters can really make parents worry and can cause stress at mealtimes. WIC is here to give you mealtime tips to help you deal with the picky eater in your family.

Let's start out by giving everyone a job.

The parent's job is to **make** the food. Parents also decide **what** to make, **when**, and **where** to eat it.

The child's job is to decide **what** to eat, **how much**, if any.

The following tips below will help everyone with their job.

- Include picky eaters in the family meal. Let them pick out one food to be a part of the meal.
- Everyone should be eating the same meal, no "special" foods made for picky eaters.
- Remember that kids go through stages, it is normal, and it won't last forever.
- Make mealtime fun. Use a cookie cutter to make sandwiches for kids that don't eat crust. Offer dips and sauces for kids to "play with their food".
- Have child try one new food each month. Trying a food may mean just taking a bite, and that's ok.
- We all have a food or two that we dislike, if a child has tried a food many times and really dislikes it, we can't expect them to eat it every time that food is offered.
- Try hiding certain foods in your child's favorite foods. Add peas to macaroni and cheese. See newsletter recipe for ideas.



More tips to remember

Know that you are not alone. Many families experience a picky eater at some point.

Be a role model. Let kids see YOU eating healthy foods.

Never force a child to eat. It does not work and they may not have good memories of mealtime.

Try small portions when giving a new food. Instead of giving your child a bowl of baby carrots, try only one or two.

Do not punish, bribe, or reward a child for foods eaten ... or NOT eaten. Punishing could be telling a child they cannot have a healthy snack later because they did not eat dinner. Kids are often rewarded by giving them dessert after they have "cleaned their plate". Chances are, if they "cleaned their plate", they are already full and do not need dessert at that time.

And lastly,

80% of the time kids will like what you like eventually.

For more information ask your WIC dietitian for a *Parents Provide, Kids Decide* pamphlet. Check out the book, *How To Get Your Kid To Eat, But Not Too Much* by Ellyn Satter.

Good Luck!

Source: Picky Eaters : Mealtimes Tips for Parents 2009 Lemon Aid Films, Inc.



News. . . News. . . News

Recipes

Free dental screenings will be offered at Operation Threshold beginning Tuesday, January 22.



Hawkeye Community College Dental Hygiene students will be providing free screenings and fluoride varnishes. No appointment needed. Students are available Tuesdays (not during Spring Break) from 9 a.m. - 12:00 p.m. Stop by to take advantage of this great opportunity!



It's not too late to get your H1N1 vaccine. Contact your health provider to make an appointment.

Did you know???



Walking in the snow uses more muscles and burns more calories. Get yourself and the kids bundled up and play follow the leader outside this week.

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Sneaky Pizza and Pasta Sauce

A great way to use up baby food while pleasing picky eaters too

- 1/4 cup vegetable oil
- 1 onion, finely chopped
- 1 clove garlic, finely chopped, optional
- 1 28-oz. can whole peeled tomatoes with liquid
- 1 6-oz. can tomato paste
- 1 4-oz. jar baby food Sweet Potatoes
- 1 4-oz. jar baby food Carrots
- 1/2 teaspoon salt

Place oil in deep saucepan over medium heat. Cook onions and garlic until clear but not brown, stirring occasionally. Mix in tomatoes, tomato paste, carrots, sweet potatoes and salt, and bring to a boil. Lower heat and simmer for 15 to 20 minutes until sauce thickens. Let cool a bit, then transfer sauce to blender and puree in batches, or use handheld blender inserted directly in the pot to puree sauce. Stir in salt and a dash of pepper to your liking. Use immediately or store covered in fridge for up to one week. Freeze for up to six months. Spoon over spaghetti or macaroni or use next time you make your own pizza.

Recipe from: www.thesneakychef.com

Beefy Mexican Lasagna

- 1 ½ pounds ground beef
- 9 - 12 corn tortillas
- 2 cans (10 ounces each) mild enchilada sauce
- 1 can (15 ounces) black beans, rinsed and drained
- 1 ½ cups frozen corn
- 1 teaspoon ground cumin, optional
- 1 ½ cups shredded cheddar cheese
- Crushed tortilla chips (optional)
- ½ cup chopped tomato
- 2 tablespoons fresh chopped cilantro, optional

Heat oven to 350 degrees. Brown ground beef in a large skillet over medium heat until brown, breaking up into crumbles. Pour off drippings. Stir in 1 can enchilada sauce, black beans, corn, and cumin; bring to a boil. Reduce heat; simmer 5 minutes. Stirring occasionally. Spray 11 X 7 baking dish with non-stick spray. Arrange tortillas in dish, cutting them as needed to cover the bottom. Spread ¼ cup remaining enchilada sauce over tortillas; cover with 1/3 beef mixture, then 1/3 cheese. Repeat layers twice without putting last cheese layer on top. Pour remaining enchilada sauce over the top instead. Cover with aluminum foil. Bake in a 350 degree oven 30 minutes. Remove foil; sprinkle with remaining ½ cup cheese. Bake, uncovered, 5 minutes or until cheese is melted. Top with tortilla chips, and tomatoes and cilantro if desired.

Recipes from National Cattleman's Beef Association