



# Let's Read About Healthy Eating

## Let your kids be produce pickers



View videos to see how moms are helping their families eat healthier foods, get more information at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

Children can learn about healthy eating and being more active from reading books.

Want to find books on those topics to read with your child?

Go to our Goodreads account

<http://umurl.us/aGM>

(Case-sensitive URL)

### Your children watch what you do.

- Choose fruits and vegetables at meals and for snacks and they will too!
- Children love to be involved in preparing food. At the store, let your child pick a fruit or vegetable to try at home.
- Fruits and vegetables should always be rinsed with cool running water before they are eaten or prepared. This is a great job that your child can help with.
- Children love to eat foods they help choose and prepare. Let your child help prepare one of the recipes in this newsletter.

## Kids in the Kitchen

Kids learn valuable skills when they help in the kitchen, and it's a great time for family bonding. Your preschooler can help with these recipes by:

- crushing the graham crackers
- dipping banana slices in orange juice
- making the ants on a log

**Cook together.  
Eat together.  
Talk together.  
Make mealtime a family time.**

## Recipes

### Banana Crunchos

(Makes 2 servings)

Fruits are naturally sweet and pack a bonus of vitamins and minerals! These can also be frozen and eaten as frozen treats!

#### Ingredients:

- Banana
- ½ cup 100 percent orange juice
- 2 graham crackers

#### Directions:

1. Wash hands and surfaces.
2. Crush graham crackers into crumbs.
3. Peel banana and cut into slices.
4. Dip slices in orange juice and roll in graham cracker crumbs.



### Ants on a Log

(Makes 1 serving)

Children love the name of this treat!

#### Ingredients:

- Celery stalk
- Raisins
- 1 tablespoon peanut butter (or substitute fat-free cream cheese)

#### Directions:

1. Wash hands and surfaces.
2. Wash celery. Cut into 2 or 3 pieces.
3. Stuff celery with peanut butter (or fat-free cream cheese).
4. Sprinkle with "ants" (raisins).
5. Refrigerate leftovers immediately.



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)