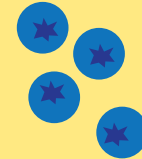
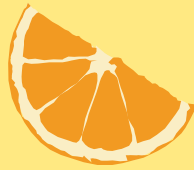


OMB# 0584-0524 Exp: 09-30-2019

RETAIN FOR YOUR RECORDS

Attachment P: Stimulus: Nibbles for
Health Newsletters (English)

OMB BURDEN STATEMENT: According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0524. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.



Newsletters at a Glance

***Nibbles for Health: Nutrition Newsletters for Parents of Young Children* cover a variety of important topics for families of preschoolers. Listed below are the categories and topics you will find in this series.**

Foods at Child Care

- Child Care: What Will My Child Eat?

Feeding Practices

- Feeding Your Preschooler
- Trying New Foods Together
- Tips for a “Choosy” Eater
- Learning about Foods and Each Other

Family Meals and Snacks

- Family Meals – Enjoyable, Healthy, and Relaxed
- Portions for Preschoolers
- Healthy Meals with MyPlate
- Power of a Healthy Breakfast
- Healthy Snacks with Smiles
- Colorful Fruits
- Water: Every Sip Counts

Food Groups

- Encouraging Vegetables
- Whole Grains Make a Difference
- Milk Matters
- Vary Your Protein Foods

Search for newsletters alphabetically on the following pages.



Making Healthier Choices

- Healthy Celebrations
- Is Your Child Drinking Too Much Juice?
- Cutting Back on Added Sugars
- Choosing the Right Fats
- Cutting Back on Sodium

Nutrition Education

- Grow a Family Garden
- Let’s Cook Together
- MyPlate for Preschoolers

Food Safety

- Learning about Hand Washing

Active Play

- Active Play Everyday
- Move More in All Seasons



Child Care: What Will My Child Eat?

At child care, we plan meals carefully to make sure they contain the nutrition your child needs to learn, grow, and be healthy.

Did you know that our child care participates in the Child and Adult Care Food Program (CACFP)? The meals served in CACFP must meet high nutrition standards. That is why our meals and snacks include a variety of vegetables and fruits, whole grains, low-fat milk, and lean protein foods. We also provide foods that are lower in added sugars. Water is offered throughout the day.

Here is a sample meal served at child care:



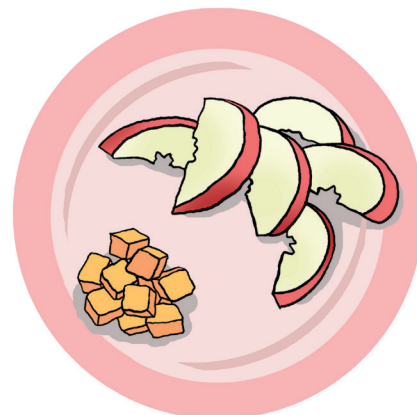
1/4 cup peach slices



3/4 cup unflavored milk

Taco: 1.5 ounces beans, topped with 1/4 cup lettuce and 1/8 cup chopped tomatoes, and corn taco shell.

Here is a sample snack served at child care:



**1/2 cup apple slices
4 oz. cheddar cheese chunks**



Learning About Foods at Child Care

Help your child draw shapes around the foods using crayons, colored pencils, or markers.



Draw a purple circle around the fish.



Draw a green star around the broccoli.



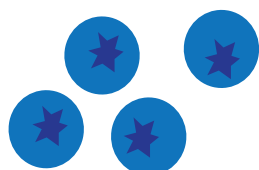
Draw an orange square around the bread.



Draw a red triangle around the blueberries.



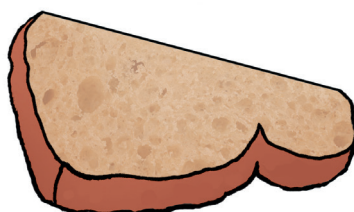
Draw a blue heart around the milk.



blueberries



milk



bread



fish



broccoli

Cutting Back on Added Sugars




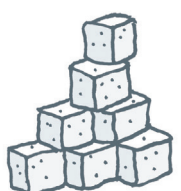
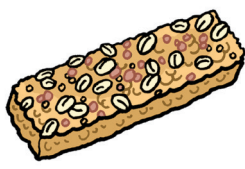
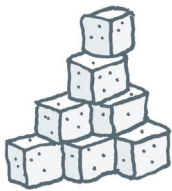
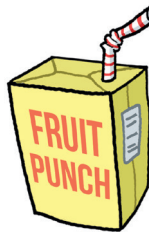

While most children have a sweet tooth, it's important to watch their overall added sugar intake.

Your child's eating pattern is the types of foods he or she eats and drinks over time. Many children and adults have eating patterns that are too high in added sugars. Eating patterns that are lower in added

sugars have a lower risk of heart disease, diabetes, obesity, some cancers, and tooth decay (cavities).

What are major sources of added sugars?

Children get the most added sugars from drinks, sweet snacks, and desserts. Below are examples of foods and drinks and the amount of added sugars in each.

	=		12 grams added sugar		=		15 grams added sugar
sandwich cookies				sugary cereal			
	=		14 grams added sugar		=		19 grams added sugar
granola bar				fruit punch			

1 sugar cube = 2 grams of sugar

Reward Your Child Without Sweets

There are many ways to reward your child without sweets!

At child care, we try not to offer sweet treats as rewards for good behavior. Here are five tips you can use for non-food rewards at home:

1. Visit a local park, zoo, or museum.
2. Visit a library and let your child pick out the books.
3. Have your child pick their favorite song and have a dance party.
4. Reward with fun stickers that they will enjoy.
5. Have a family game night. Let your child pick the game.

Make a plan to cut back on added sugars

At child care, we are cutting back on the added sugars kids get. We choose yogurts and cereals that are lower in sugars. We do not offer grain-based desserts like cookies, brownies, and cake with meals and snacks. For kids 2 to 5 years, we serve plain low-fat (1%) or fat-free (skim) milk. Flavored milks, like chocolate, have added sugars.



Here are ideas to help your family cut back on added sugars. Check the ones that you plan to try!

- Offer plain or sparkling water instead of sugar-sweetened drinks like soda or fruit-flavored drinks between meals.
- Serve fruit for dessert instead of sweets more often. Choose fresh fruits or fruits canned in 100% juice or water.
- Use non-food rewards for good behavior.
- Compare breakfast cereal labels and choose those with less sugar.

Feeding Your Preschooler

Feed their independent spirit at meal times.

Each meal with your preschooler is a chance to help them grow and learn to make some decisions on their own. Encourage them to make their own food choices from the healthy foods you offer. Start early and you'll help them build healthy eating habits for life.

Helpful Tips:

Set a regular schedule for meal times. Young children need routines to practice new skills, like trying healthy foods.

Offer choices from the five food groups: Fruits, Vegetables, Grains, Dairy, and Protein Foods. Provide foods that are lower in added sugars, sodium (salt), and saturated fats.

Help your child feel more independent. Let him or her pick from healthy food choices you offer. For example, they can choose between an apple or orange at snack time.



Eat with your child. They are more likely to try new foods if they see you eating and enjoying them.

Involve your child. As your child grows, let them help prepare, serve, and clean up after the meal. For example, your child can help by measuring, adding ingredients, stirring, washing veggies, etc. Children learn by doing, and being involved helps them be more confident and develop motor skills.

Safe Eating

Know Choking Hazards

It is important to be careful with foods that may cause choking for preschoolers. Below are some potential choking hazards for your preschooler.



- Slippery foods such as whole grapes; large pieces of meats, poultry, and hot dogs; and candy.
- Small, hard foods such as popcorn, nuts, raisins, raw vegetables, chips, and large pretzels.
- Sticky foods such as marshmallows and chunks of peanut butter.

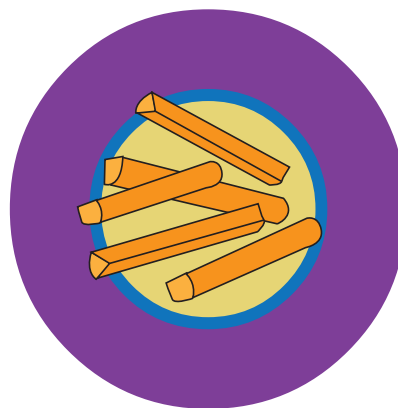
Remember

When preparing food for your child, make sure it's the appropriate size, shape, and texture to reduce the risk of choking.

Tips for Safe Eating

It can be scary when your child chokes on food. Follow these tips when feeding your preschooler.

- Remind your child to eat slowly, one bite at a time.
- Cut grapes, cherries, berries, or melon balls in half lengthwise. Then, cut into smaller pieces.
- Cook foods, such as carrots, until slightly soft. Then, cut into sticks.



- Avoid hard, small, whole foods that may get caught in your child's throat.
- Always supervise your child during eating time.

Milk Matters

At child care, milk is an important part of meals.

For 2-5 year olds, we serve unflavored low-fat (1%) or fat-free (skim) milk. Milk helps keep your child's body growing strong.

Fat-free and low-fat (1%) milk have nutrients your child needs.

Did you know that milk is loaded with vitamins, minerals and protein, with nine key nutrients?

Fat-free (skim) and low-fat (1%) milk have less saturated fats than whole milk. Eating too many saturated fats can raise blood cholesterol and increase the risk of heart disease.

Tip

Which Milk is Right for Your Child?

For children 2 years and older, offer unflavored fat-free (skim) or low-fat (1%) milk.

Make the Switch to Fat-Free (Skim) or Low-Fat (1%) Milk

Whole Milk	Low-fat (1%) Milk	Fat-free (Skim) Milk
1 cup = 149 Calories 5 g Saturated Fat	1 cup = 102 Calories 2 g Saturated Fat	1 cup = 83 Calories 0 g Saturated Fat
All milk has the same amount of calcium, protein, vitamin D, and other nutrients!		

Tips for Switching to Low-fat Milk

- **Take it slow.** If your child is drinking whole milk, first switch to reduced-fat (2%) milk for a few weeks. When your child gets used to the flavor, then switch to low-fat (1%) milk. Later, you can try fat-free (skim) milk.
- **Prepare foods with low-fat milk.** Use low-fat (1%) or fat-free (skim) milk on cereal or in smoothies. Your child probably will not notice.
- **Make it special.** Offer low-fat (1%) or fat-free (skim) milk in your child's favorite cup or with a fun straw.
- **Be a healthy role model.** Help your child develop healthy habits. Every time you drink fat-free (skim) or low-fat (1%) milk, you're giving your child a lesson in how to eat for better health.
- **What if my child doesn't tolerate milk?** If your child is lactose intolerant or gets stomach pains, gas, or bloating after drinking milk, try lactose-free milk or calcium-fortified soymilk (soy beverage).



Plain Milk Wins!

Plain milk, without added flavors, syrups, or powders, is a healthy choice for your preschooler. Unflavored white milk provides the good nutrition your child needs without the added sugars found in flavored milks.

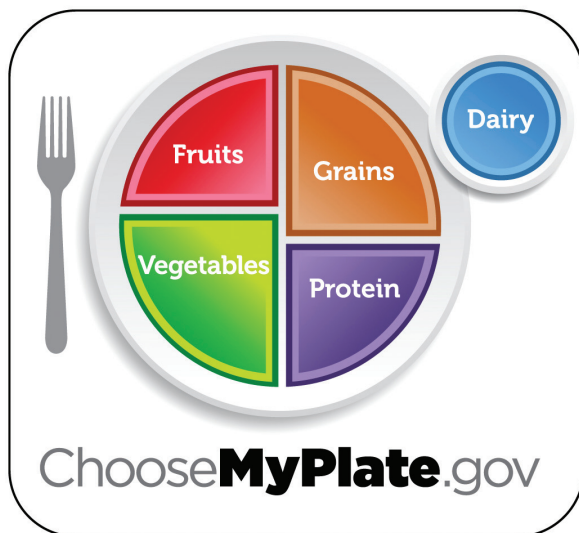




MyPlate for Preschoolers

Why do we serve a variety of foods and drinks at child care?

Preschoolers need foods from all five food groups to grow and be healthy. The food groups are: Fruits, Vegetables, Dairy, Grains, and Protein Foods.



MyPlate can also help you select foods to serve at home for your family. The MyPlate icon shows all of the food groups as part of a meal. Each food group is separated in the picture, but we also eat food groups mixed together, like in a stir fry or a sandwich.

Keep in mind what your child eats over time. Healthy meals and snacks give your child several chances every day to eat a variety of foods from the five food groups. Your child does not need to eat something from each food group at every meal and snack.

Tip

If your child refuses a meal or eats only a little, don't worry. Your child will make up for it with other meals and snacks to get what he or she needs for good health over time.



MyPlate Coloring Activity

Help your child enjoy foods from the five MyPlate food groups

- **Fruits** – Focus on cut-up whole fruits like oranges, pears, and peaches and serve 100% fruit juice less often. Slice fruits such as grapes to prevent choking. Offer applesauce without added sugar.
- **Vegetables** – Help your preschooler discover a variety of veggies. Introduce your child to dark-green, red, and orange vegetables, beans and peas, and other vegetables.
- **Grains** – Make at least half your family's grains whole grains. Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, and brown rice more often.
- **Protein Foods** – Vary protein foods. Try seafood, beans, and peas more often. Some tasty ways include a bean burrito, hummus, or bean soup; fish tacos, shrimp stir-fry, or salmon patties with your child.
- **Dairy** – Offer fat-free or low-fat (1%) dairy foods such as milk, yogurt, and cheese at meals or snacks.

Talk to your child about the five MyPlate food groups. Then, have your child color the icon or draw their favorite food on the plate as a fun activity.

