



NUTRITION NEWS!

MODULE 5

CHILE PROJECT GOALS

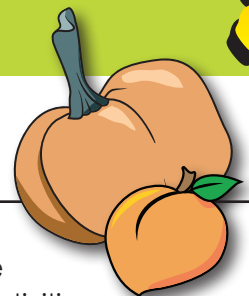
- ✓ Families will eat more fruit, vegetables, and foods made with whole grains
- ✓ Families will eat less sugar and high-fat foods
- ✓ Families will be more physically active
- ✓ Families will watch less TV



Bring your child along with you to the store to find squash and peaches in the fruit and vegetable section. Look for squash in the frozen section and peaches in the frozen/canned section as well.

WHAT'S UP...

Lately, your child has been tasting squash and peaches in classroom activities, meals, and snacks offered by the Head Start. Keep an eye out for the CHILE take home activities that include recipe ideas for squash and peaches. The more times you and your child try these new foods, the more likely your child is to develop a taste for squash and peaches and enjoy these foods. Over the next few weeks, try adding squash into meals like stews and soups and add peaches as a snack by itself or on top of cereal or yogurt. Don't forget to cut squash or peaches into small pieces no larger than ½ inch to prevent choking in young children.

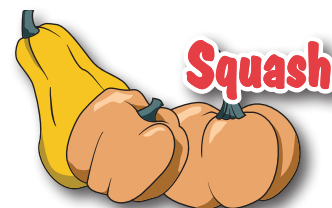


Some ideas include:

- Add peaches to oatmeal, yogurt, cottage cheese, and applesauce or serve with part-skim mozzarella cheese for a tasty, quick snack.
- Remember to buy canned peaches "in their own juices" not in light or "heavy syrup".
- The peach peel is good for you too, so you can leave the skin on!
- Frozen peaches are also quick and easy if they are available in your store.

Squash are grouped into "winter" and "summer" types, but don't be confused! Many types of squash can be found year-round.

Summer types, such as calabacitas, zucchini and yellow squash, can be eaten raw in salads or alone as a tasty snack, grilled or added to your favorite soups and stews.



Winter types, such as acorn, butternut, spaghetti and pumpkin can be baked, boiled, or even grilled! The flavor will depend on the type of squash you use. You can enjoy squash as a colorful side dish at any meal. Try mashing cooked squash like potatoes or blend/puree cooked squash with vegetable or chicken stock to make a thick soup base.

Remember to cut foods into pieces no larger than 1/2 inch to prevent choking.

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.



Child Health Initiative for Lifelong Eating & Exercise

Here are some cooking instructions for winter squash:

WASH the squash under running water and remove all dirt from the skin.

CUT the squash in half and remove the seeds.

TO BAKE: preheat the oven to 350 degrees, and place squash halves on an oven pan. Bake for 1 hour and test for doneness by piercing the thickest portion with a fork. If not soft, continue to cook for 30 minutes or until soft.

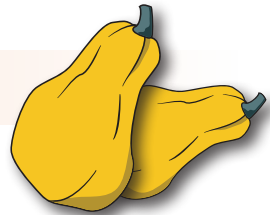
TO BOIL: Cut the squash halves again so you have four pieces. Bring water to boil in a large pot and add the squash to the water. Cover with lid and continue to boil for 10 – 20 minutes until soft. Drain water and allow squash to cool prior to handling.

TO GRILL: Peel off the skin and cut the squash halves into 1/2 inch pieces. Spear the squash onto skewers and brush with olive oil. Lay the skewers on the heated grill and close the lid allowing squash to cook for 10 minutes. Turn the skewers and continue to cook for 10 more minutes.

RECIPE #1: Cheesy Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
- 1/2 cup reduced-fat parmesan cheese, grated
- 1/4 cup olive oil
- salt and pepper to taste



- Directions:**
1. Preheat oven to 325 degrees.
 2. Wash squash, cut in half, and remove seeds. Place face down in baking dish and cook for 1 hour (or until soft) and allow to cool for 20 – 30 minutes.
 3. Using a fork, rake the strands of spaghetti squash from the skin into a serving dish.
 4. Toss squash strands gently with olive oil, cheese, salt, and pepper.

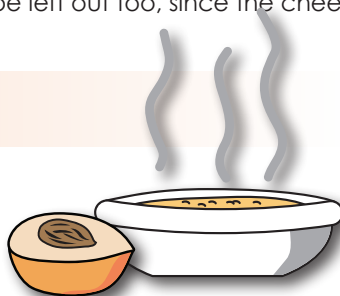
Serves 4-6

Tips: Young children sometimes do not like to eat pepper, so feel free to leave the pepper out of this recipe. The salt could be left out too, since the cheese adds so much flavor!

RECIPE #2: Peach oatmeal

Ingredients:

- 1/4 cup old fashioned oats or quick oats
- 1/3 cup water
- 1/4 cup canned sliced peaches (in their own juice)
- 1/8 teaspoon cinnamon (optional)
- 1/8 teaspoon vanilla extract (optional)



- Directions:**
1. Cut the peach slices into smaller pieces that are less than 1/2 inch.
 2. In a bowl add oats, water, and peaches with juice.
 3. Microwave for 2 minutes, stir, microwave for another 2 minutes, stir, then microwave for additional 1 minute intervals until cooked.
 4. Once cooked, add the optional cinnamon, and vanilla extract.

Serves 1-2

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. The newsletters will be filled with tips about keeping your child and the rest of your family healthy. Each newsletter will include a CHILE update and tips on how to keep your children active and eating all the foods that are really good for him or her!

TIPS: PREVENT CHOKING AT HOME

Foods can be choking hazards based on size, shape, and texture. Foods that are small, round, smooth, and/or slippery should be avoided. They can be swallowed whole and are the perfect shape to plug a child's airway. Chunks of hard or fibrous foods like raw squash or raw peaches can also be choking hazards if children are not able to chew the food completely and swallow a piece that is not small enough. The American Academy of Pediatrics recommends cutting foods into small, easily chewed pieces no larger than one-half inch.

Avoid serving foods that are choking hazards or prepare them in a way that reduces the risk of children choking on them. For example, be sure that all pieces of squash or peaches are cut into pieces that are no larger than 1/2 inch. Do not rush children to finish a meal or snack. Children should never eat while they are walking, running, or laughing and remember that an adult should ALWAYS watch children while they are eating.