

News in Your School-Welcome Back

**Township of Ocean School
District**



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RD Corner

Hello! My name is Meredith Hesselein and I'm your school Registered Dietitian!

My main goals are to teach students lifelong healthy eating habits and to keep you up to date on food and nutrition news. If you have any questions or comments, feel free to contact me at:
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How to Get Your Child to Eat More Fruits & Vegetables

We all know that eating fruits and vegetables is important. But how do you get kids to eat more of these foods?

TIPS FOR PARENTS

- Provide fruits and vegetables as snacks. Keep fruit washed, cut up, and in plain sight in the refrigerator
- Serve salads more often. Get prewashed, bagged salad at the grocery store. Teach your child what an appropriate amount of salad dressing is and how it can be ordered on the side at restaurants.
- Try out vegetarian recipes for spaghetti, lasagna, chili, or other foods using vegetables instead of meat.
- Include at least one leafy green or yellow vegetable for vitamin A such as spinach, broccoli, winter squash, greens, or carrots each day.
- Include at least one vitamin C-rich fruit or vegetable, such as oranges, grapefruit, strawberries, melon, tomato, and broccoli each day.
- Add a fruit or vegetable as part of every meal or snack. For example, you could put fruit on cereal, add a piece of fruit or small salad to your child's lunch, use vegetables and dip for an after-school snack, or add a vegetable or two you want to try to the family's dinner.
- Be a role model! Eat more fruits and vegetables yourself.

MORE THINGS YOU CAN DO

- Be sure your child is getting the recommended amount of fruits and vegetables each day. Visit choosemyplate.gov to find out how much of each food group your child should be getting.
- When shopping for food, start in the area of the store where they keep fresh fruits and vegetables. Stock up so you always have some on hand to serve your child.
- Avoid buying high-calorie foods such as chips, cookies, and candy bars. Your child may not ask for these treats if they are not in sight.
- Limit or eliminate how much fruit juice you give your child and make sure it is 100% juice, not juice "drinks".
- Eat as a family whenever possible! Research shows that kids eat more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family.

Reference: "How to Get Your Child to Eat More Fruits & Veggies" *HealthyChildren.org*,
<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx>

let's get cooking...

WITH VEGETABLES!

We've introduced a variety of new recipes for this school year, with the hopes of increasing student likeability of foods commonly viewed as "healthy". Research suggests it takes around 10 introductions to a new food before its considered "normal" to the average child. Use our recipes below to introduce them to your child at home, and hopefully you and your family will enjoy them as much as we do!

Roasted Summer Squash



Ingredients:

2 medium zucchini or squash, sliced into 1/2" rounds
1 Tablespoon olive oil
1/2 teaspoon Italian seasoning
1/3 cup shredded parmesan cheese, divided
Salt and pepper to taste

Instructions:

- 1.) Preheat oven to 425°F.
- 2.) Toss zucchini/squash slices with olive oil, Italian seasoning, salt, pepper, and 2 tablespoons of the parmesan cheese.
- 3.) Place on a baking sheet and top with remaining parmesan cheese. Bake 5 minutes.
- 4.) Turn over to broil, place pan near the top and broil 3-5 minutes or until cheese is melted and zucchini is tender crisp.