

# TABLETALK

JULY, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

## How Can Your Children Get Enough Nutrients Each Day?

Start off by setting a good example by eating a nutritious diet that includes plenty of fruits and vegetables. Then, simply use your imagination. Try chopping up veggies (such as carrots or zucchini) and putting them in foods like muffins or pancakes. You can also try dressing up veggies with something they enjoy — add cheese to broccoli, for example, or peanut butter to celery, or have them dip veggie sticks in yogurt.

Sometimes, all it takes is a fun arrangement to get kids eating. Make up a plate of mini foods (baby carrots, baby corn, cherry tomatoes, etc.) or make a face out of vegetables, complete with peas for eyes, a carrot for the nose, and sprouts for hair.

## What To Do When a Child Only Wants to Eat The Same Things

It can be frustrating when kids want to eat the same thing every day — but it's not uncommon. Encourage them to try at least a few bites of different nutritious foods at each meal. Kids are often slow to accept new tastes and textures, so you may have to present a food 10 to 15 times before they'll try it.

Look for recipes with ingredients your kids like, and invite them to join you in the cooking, and serving of foods. Don't let them fill up on juice, and try offering veggies as between-meal snacks.

It's important not to let a child's pickiness become a source of meal-time tension. You shouldn't cook special meals just for a picky eater, but do include something he or she likes in every meal. And although it might be tempting, don't use food as a reward. Telling kids they can have a cookie if they eat their broccoli only reinforces the appeal of the cookie over the veggies.



## Tips from Chef Bob

### SWEET BBQ CHICKEN KABOBS

**Ingredients:** 1 lb. boneless skinless chicken breasts, cut into 1-1/2-inch pieces; 2 cups fresh pineapple chunks (1-1/2 inch); 1 each: red and green pepper, cut into 1-1/2-inch pieces; 1/2 cup Barbecue Sauce; 3 Tbsp. frozen orange juice concentrate, thawed **Directions:** Heat grill to medium-high heat. Using 8 long wooden skewers (placing 2, side-by-side, for each kabob), thread chicken alternately with pineapple and peppers onto skewers to make 4 kabobs. Mix barbecue sauce and juice concentrate; brush some of the sauce mixture onto kabobs. Grill 8 to 10 min. or until chicken is done, turning and brushing occasionally with remaining sauce mixture.

### FINAL SCHEDULED DATES FOR 2009 TRAINING CLASSES

Please Note: This training is for licensing clock hours. Beginning in October, there will be no training classes scheduled. All mandatory training will be given to you by our monitors during one of their visits.

<u>Date</u>	<u>City</u>	<u>Location &amp; Time</u>
Sept. 12	Katy	Maud Marks Library, 1815 Westgreen Boulevard, 77450, 1:30 - 4:30
Sept. 12	Plano	Parr Library, 6200 Wind Haven Pkwy, 77093, 10:00 - 1:00