

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM



Dear Parent,

In the coming weeks, the *Kids a Cookin' & Movin'* program will engage your child in hands-on cooking and fitness activities. The program has simple yet important goals: to encourage youth to eat more fruits and vegetables, and to add more physical activity to their daily lives. The approach is fun — learning by doing!

We want you to be a part of *Kids a Cookin' & Movin'*, too. We'll be sharing recipes and Family Time tips with you. You can choose from these activities and share your own interests and skills with your child. You may even want to set some family goals, such as eating more fruits and vegetables and/or going for a walk daily. Just as important, you can be a great example by practicing healthful eating and active living at home.

Sincerely,

For more information contact your local K-State Research and Extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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Things to do with your kids:

- Enjoy family meals as often as possible - at least twice a week.
- Involve your children in the kitchen: setting the table, clearing the table, washing dishes, adding ingredients to mixing bowls.
- Read Nutrition Facts on food labels together, as you make choices.
- Keep easy-to-eat lowfat snacks on hand: fruits, cut-up vegetables, milk and lower fat snack foods.
- Be active: walk together, dance to music, go for a bike ride, rake leaves or shovel snow.

Choosing Healthy Snacks

Fruit

apple wedges
banana or pineapple
chunks
dried fruits (apricots,
raisins)
fruit salad
grapes or cherries

Bread

bread sticks or rolls
cereal, hot or cold
crackers
pita bread wedges
whole grain bread or toast

Vegetable

broccoli or cauliflower pieces
carrot or celery sticks
green pepper rings or strips
vegetable soup
salsa

Meat

meat slices or wedges
hard-cooked eggs
tuna, chicken or ham salad
bean dip or soup
peanut butter

Milk

low-fat milk - hot or cold, flavored or plain
low-fat cheese
low-fat yogurt
pudding or custard made with low-fat or skim milk
frozen yogurt, ice milk or ice pops