



# Eating Healthier Together *One Step At A Time*

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*Presented by:*

*[Enter name here]*



# Eating Healthier Together *One Step At A Time*

*Prepared by:*

DECAL's Nutrition Education & Physical Activity Team

# Nutrition Education & Physical Activity Team



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# DECAL's Mission

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The Georgia Department of Early Care and Learning improves outcomes for children and families by strengthening early learning experiences in partnership with early education programs, professionals, stakeholders, families, and communities.



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- (1) Mail: U.S. Department of Agriculture  
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- (2) Fax: (833) 256-1665 or (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)



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of Early Care  
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BRIGHT FROM THE START

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# Opening Ice Breaker

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What were your favorite meals to eat growing up?

# Objectives

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1

Review the food groups and ways to make healthy choices.

2

Learn ways to engage kids in the kitchen.

3

Understand the importance of family meals.

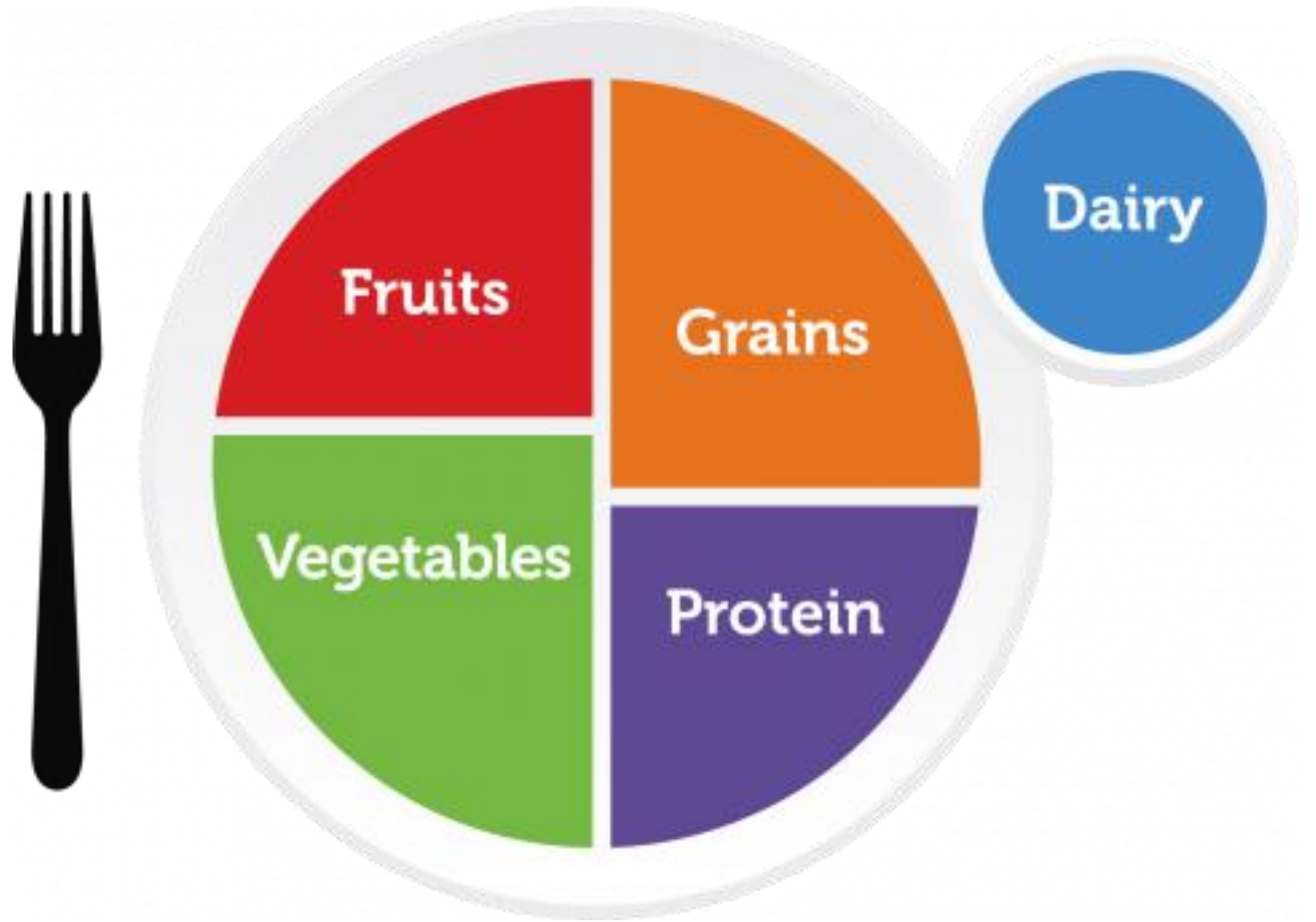
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Outline budget-friendly tips for grocery shopping.



# Overview of Food Groups & Healthy Choices

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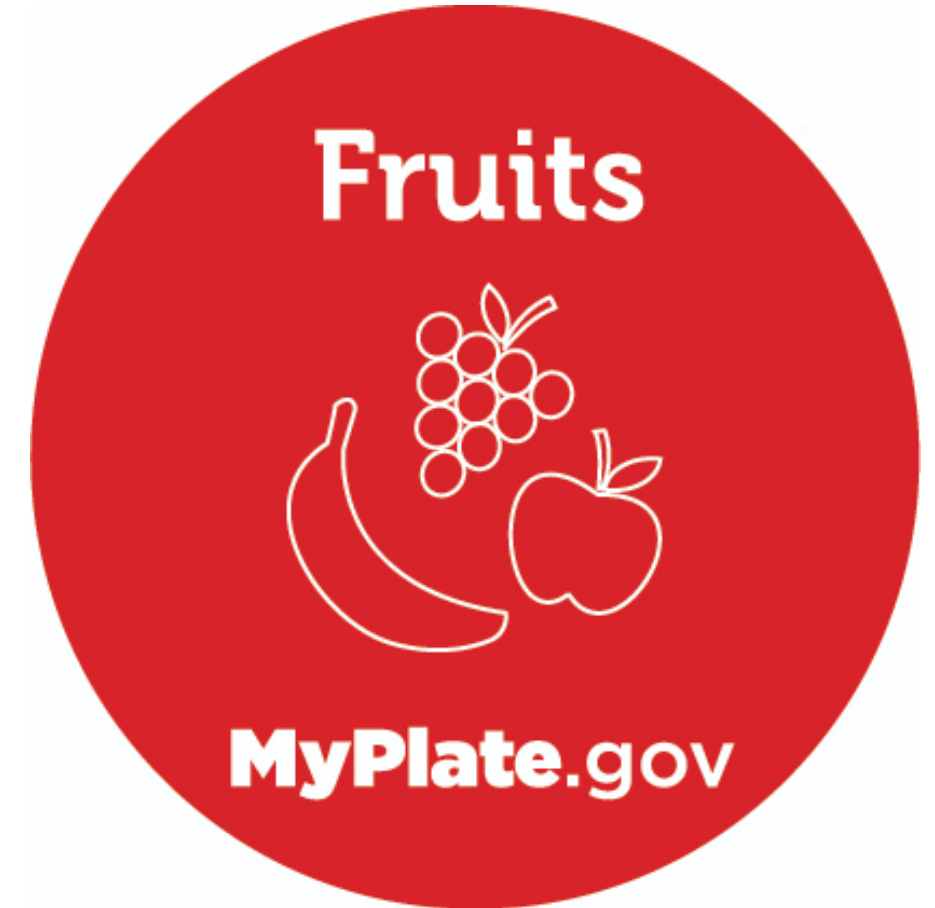


# Fruit Group

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- Includes all fruits and 100% fruit juice.
- Fruits may be fresh, frozen, canned, or dried/dehydrated.
- Fruits can be eaten whole, cut up, pureed (mashed), or cooked.
- Daily Recommendations\*
  - Children: 1/2 to 2 1/2 cups
  - Adults: 1 1/2 to 2 1/2 cups

\*Daily consumption depend on your age, sex, height, weight, and physical activity. Also depend on whether you are pregnant or breastfeeding.



Source: [USDA](https://www.usda.gov) | [MyPlate](https://www.myplate.gov)





# Vegetables

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- Any vegetable or 100% vegetable juice.
- Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried.
- They can be whole, cut-up, or mashed.
- 5 Vegetable Subgroups:
  - Dark green;
  - Red and orange;
  - Beans, peas, and lentils;
  - Starchy; and
  - Other vegetables.
- Daily Recommendations\*
  - Children:  $\frac{2}{3}$  to 4 cups
  - Adults: 2 to 4 cups

Source: [USDA](#) | [MyPlate](#)



\*Daily consumption depend on your age, sex, height, weight, and physical activity. Also depend on whether you are pregnant or breastfeeding.

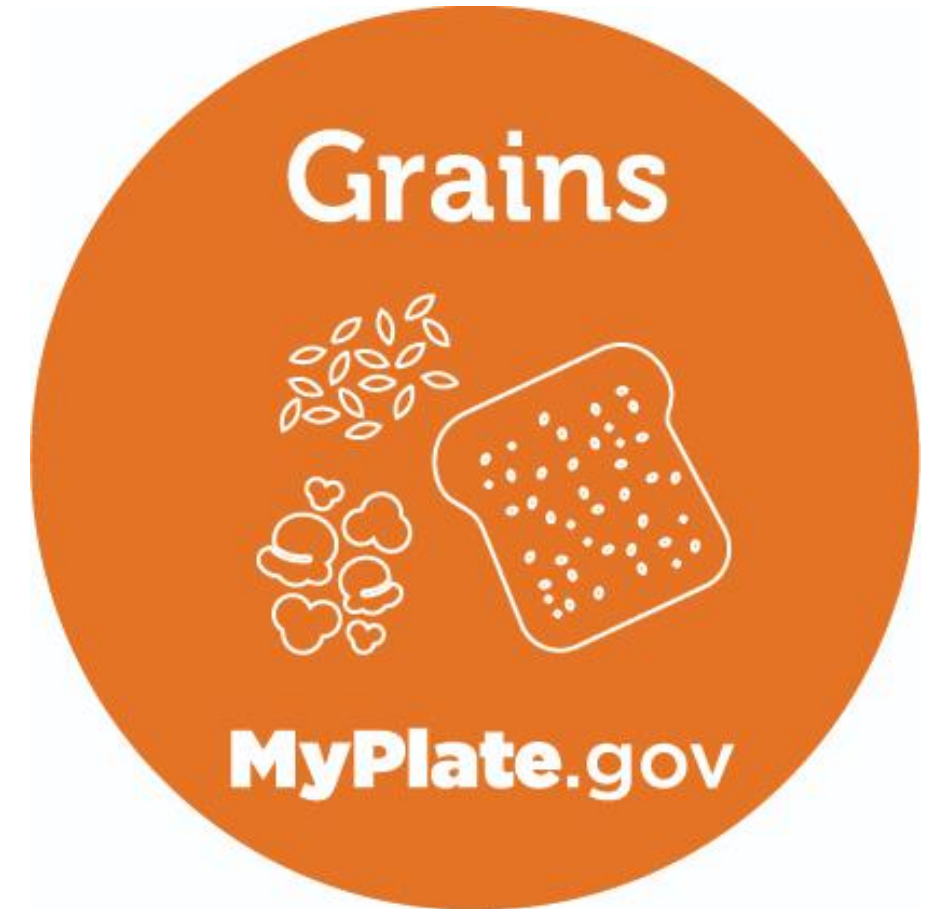


# Grains

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- Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain.
- Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products.
- Foods such as popcorn, rice, and oatmeal are also included.
- Grains have two subgroups: whole grains and refined grains.
- Daily Recommendations\*
  - Children: 1 ¾ to 5 oz-equivalent
  - Adults: 3 to 10 oz-equivalent of total or whole grains

\*Daily consumption depend on your age, sex, height, weight, and physical activity. Also depend on whether you are pregnant or breastfeeding/lactating.



Source: [USDA | MyPlate](https://www.usda.gov/myplate)



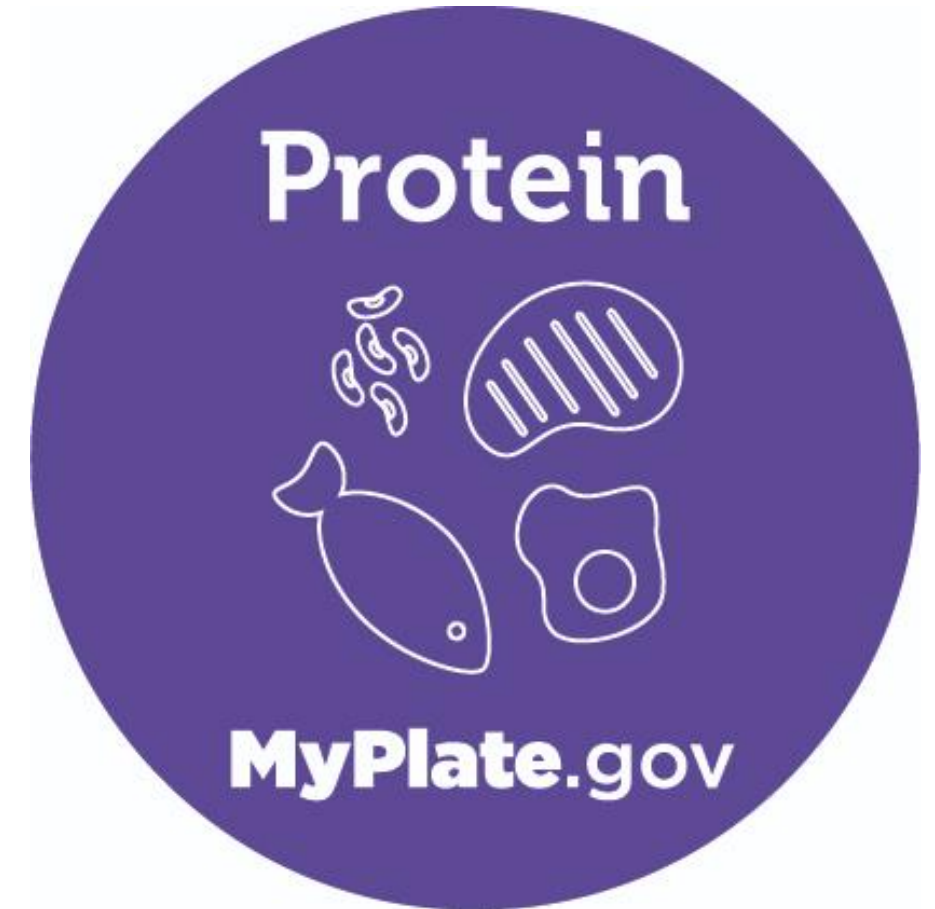


# Protein Foods

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- Include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products.
- Beans, peas, and lentils are also part of this group.
- Daily Recommendations\*
  - Children: 2 to 7 oz-equivalent
  - Adults: 5 to 7 oz-equivalent

\*Daily consumption depend on your age, sex, height, weight, and physical activity. Also depend on whether you are pregnant or breastfeeding.



Source: [USDA | MyPlate](https://www.usda.gov/myplate)







# Dairy

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- Includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.
- The Dairy Group does not include foods made from milk that have little calcium and a high fat content.
- Daily Recommendations\*
  - Children: 1 to  $\frac{2}{3}$  3 cups
  - Adults: 3 cups

\*Daily consumption depend on your age, sex, height, weight, and physical activity. Also depend on whether you are pregnant or breastfeeding.



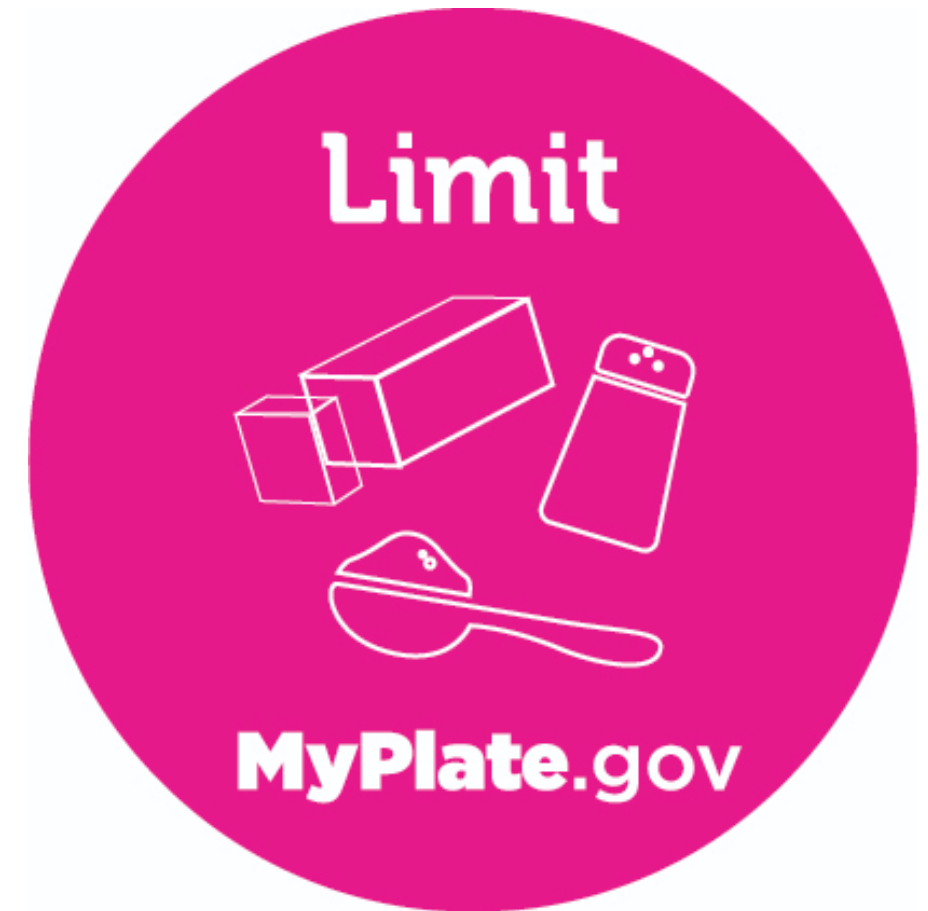
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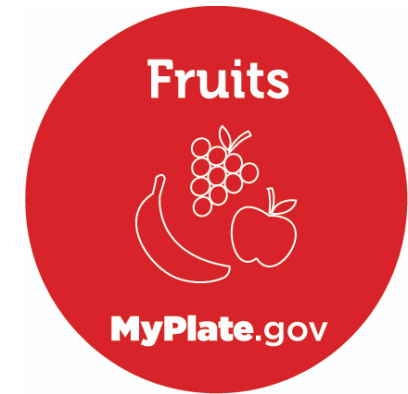
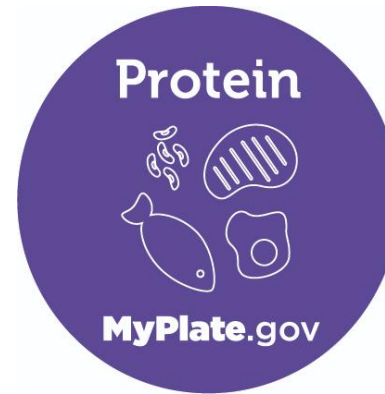
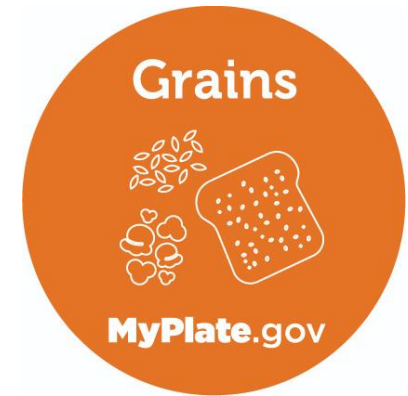
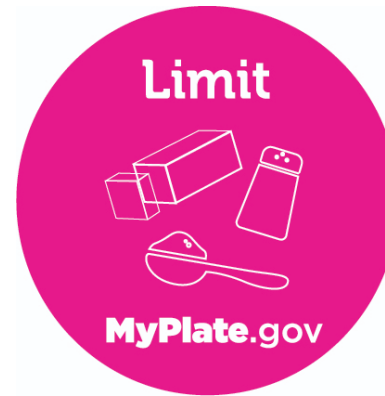
# Sugar – Sweetened Beverages

- Any liquids that are sweetened with various forms of added sugars like brown sugar, corn sweetener, corn syrup, high-fructose corn syrup, honey, raw sugar, sucrose and more.
- Examples include, but are not limited to, regular soda (not sugar-free), fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars.



# Remember!

- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine.
- Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).
- Limit sugary drinks.





# Ways to Engage Kids in the Kitchen



Photo Credit: Iowa State University Extension





# In the Kitchen

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By involving kids in planning and preparing meals, they may:

- Be more willing to try new foods
- Increase self-confidence by feeling like they are contributing to the family
- Learn about culture and family traditions
- Spend quality time with their parents/caregiver or loved ones
- Become exposed to a variety of healthy foods
- Learn how to use all five of their senses



# Kid-Friendly Equipment



# Tasks for Kids in the Kitchen

## Cooking tasks for young children include:

ZERO TO ONE YEAR OLDS	TWO YEAR OLDS	THREE YEAR OLDS	FOUR AND FIVE YEAR OLDS
<ul style="list-style-type: none"><li>• Observe, engage, and connect with adults and older children as they prepare foods</li></ul>	<ul style="list-style-type: none"><li>• Carry vegetables</li><li>• Gently wash leafy vegetables</li><li>• Tear leafy greens</li><li>• Arrange vegetables on dish</li></ul>	<ul style="list-style-type: none"><li>• Scrub root vegetables with brush</li><li>• Pour liquids</li><li>• Use a whisk to stir liquids</li><li>• Shake a closed jar</li></ul>	<ul style="list-style-type: none"><li>• Squeeze citrus</li><li>• Slice herbs with scissors</li><li>• Measure liquids</li><li>• Serve food</li></ul>







# Tasks for Kids in the Kitchen

## AGE-APPROPRIATE ACTIVITIES

Assign kitchen tasks based on the child's developmental level. Each child is different and may not fit into these suggested age ranges. Some skills may need to be adjusted until the child is safely able to complete them.



### 2-4 YEARS

Kitchen activities for this age range focus on fine motor skills, abilities using hands, and following simple directions. With this specific age range, there is a wide variety of skill levels, so activities may vary.

- Use measuring spoons
- Wash fresh produce
- Spread butter or icing
- Mix ingredients with a spoon or their hands
- Roll, shape, and cut dough
- Dip foods
- Carry unbreakable items and ingredients from one place to another
- Pour liquids



### 5-7 YEARS

With this age group, children can start to try more difficult cooking techniques and kitchen equipment. If using scissors or sharp knives, consider their skill level first.

- Crack eggs
- Clean and sanitize counters
- Mash soft foods, such as fruits, hard-boiled eggs, and vegetables
- Juice fruits
- Measure dry ingredients
- Cut using a small knife
- Make sure they have their hand in the proper form to keep their fingertips from getting injured
- Beat cake batter and fold in egg whites
- Peel oranges



### 8-11 YEARS

Kids in this age range require less supervision but are not completely on their own. Consider giving them more freedom in planning meals and completing simple recipes without help.

- Use a vegetable peeler
- Whisk with a handheld mixer or whisk
- Open cans
- Read recipe directions and complete the steps
- Plan a meal for the family



### 12+ YEARS

This age group has the opportunity to have more freedom in the kitchen to prepare complex recipes, as well as being able to make changes to a recipe if they feel confident. Supervision is required in order to make sure they are being safe and practicing proper sanitation.

- Understand what certain kitchen equipment is and know how to work it
- Follow instructions
- Work on time and patience
- Understand the basic science of cooking
- What happens when I apply heat/cold to this food?
- Identify and pair different textures and flavors





# Tasks for Kids in the Kitchen

Invite your child to:

- Pick out at least one new fruit or vegetable to try, when shopping.
- Wash fruits and vegetables (try the [Dunkin' Veggies](#)).
- Rinse canned beans (try the [Peanut Butter Hummus](#)).
- Measure dried pasta, beans, vegetables, etc. (try the [Buttons and Bows Pasta](#)).
- Add premeasured ingredients to recipes (try the [Make-Your-Own Snack Mix](#)).
- Stir ingredients (try the [Fruit Skewers With Yogurt Dip](#)).
- Mash potatoes with a masher (try the [Shepherd's Pie](#)).
- Stuff ingredients into a pita pocket (try the [Empañapita](#)).
- Assemble food (try the [Bruschetta](#) or [Quinoa-Stuffed Tomatoes](#)).
- Crumble cheese (try the [Bowtie Pasta With Chicken, Broccoli, and Feta](#)).





# Kid-Friendly Recipes

- [Tasty, Kid-Friendly Recipes](#)
- [Recipes for Healthy Kids: Cookbook for Homes](#)
- [Discover MyPlate: Look and Cook Recipes](#)
- [Kid Friendly, Healthy Recipes](#)
- [Now Serving: Meals with Help from Kids!](#)
- [Food Hero- Kid Approved Recipes](#)
- [Better Kid Care: Lunch and Snack Ideas](#)
- [Kids Eats](#)





# Taste Tests

- What is it?
  - A fun way for children to learn about different textures, shapes, colors, and tastes.
- Frequent and repeated exposure to new foods is key to helping to improve children's willingness to try unfamiliar foods.





# Taste Tests

- Establish a specific time during the week to sample a new food as a family.
- Talk about the ingredients, where the food comes from, and how it is made.
- Taste the food in front of your children, and then invite them to taste the food.







# Taste Tests: A Great Way to Combat Picky Eating

- Provide a variety of foods.
- Offer a food multiple times,
  - in a variety of forms (mashed potatoes vs oven-roasted potatoes), or
  - prepared in different ways (i.e., roasted broccoli vs sauteed broccoli).
- Offer a new food with foods children are already familiar with.
- Try Again... And Again!



# After the Taste Test



Photo credit: ICN Family Engagement, Monttime Memo

- Have a discussion with your child to see how he/she liked the new food. Ask...
  - How would you describe the food?
    - Sweet, spicy, sour, bitter? Crunchy, soft, juicy, gooey?
  - What did you think about it?
    - “I love it!”
    - “Delicious.”
    - “Interesting.”
    - “It’s not my favorite.”
    - “I don’t like it yet.”
    - “I may try again another time.”
  - Would you try it again?
    - Yes or no?



# Harvest of the Month

Georgia Early Care and Education

## Harvest of the Month

2023-24 Calendar

<b>AUGUST</b>  <b>Watermelon</b>	<b>SEPTEMBER</b>  <b>Apples</b>	<b>OCTOBER</b>  <b>PEPPER PANGOZA</b> OCTOBER FARM TO SCHOOL MONTH
<b>NOVEMBER</b>  <b>Squash</b>	<b>DECEMBER</b>  <b>Lettuce</b>	<b>JANUARY</b>  <b>Greens</b> Collard, Mustard, Turnip
<b>BONUS</b> <b>Sweet Potatoes</b> 	<b>BONUS</b> <b>Citrus</b> 	
<b>FEBRUARY</b>  <b>Cruciferous Vegetables</b> Cabbage, Broccoli, Cauliflower	<b>MARCH</b> National CACFP Week: March 10-16, 2024  <b>Root Vegetables</b> Carrots, Beets, Radishes	<b>APRIL</b>  <b>Legumes</b> Beans, Peas, Lentils
<b>MAY</b>  <b>Berries</b>	<b>JUNE</b>  <b>Eggplant</b>	<b>JULY</b>  <b>Peaches</b>
	<b>BONUS</b> <b>Tomatoes</b> 	



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Georgia Dept of Early Care and Learning



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Get monthly harvest-themed lesson plans, resources, parent newsletters and books here: [www.qualitycareforchildren.org/farm-to-ecce](http://www.qualitycareforchildren.org/farm-to-ecce)

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# Family Meals



# Benefits of Family Meals



## BENEFITS OF FAMILY DINNERS



AGES  
1-5



### BENEFITS OF FAMILY DINNERS

Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.

Kids who start eating dinners now are less likely to be overweight later.

New parents who develop a dinnertime ritual feel more satisfied with marriages.

AGES  
6-12



### BENEFITS OF FAMILY DINNERS

Strong link between family dinners and academic performance, even stronger than doing homework, sports, or art.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.

AGES  
13-18



### BENEFITS OF FAMILY DINNERS

Teens who eat regular family dinners are more likely to get A's in school.

Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.



# Family Dinner Time

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- Meatless Monday or Make It Together Monday
- Taco Tuesday or Try It Tuesday
- Wing Wednesday
- Take Out Thursday
- Fish Friday
- Stir-Fry Saturday
- Soul Food Sunday (Sunday Dinner)



Photo Credit: Mom's Dinner





# Family Meal Conversation Starters





# Budget





# Shopping Tips: Fruits & Vegetables

Source: [MyPlate Shop Smart](#)



Buy “in season” produce which often costs less and is at peak flavor.



Buy only what you can use before it spoils.



If you have the freezer space, stock up on frozen vegetables without added sauces or butter. Frozen vegetables are as good for you as fresh and may cost less.



Canned and frozen fruits and vegetables last much longer than fresh. They can be a quick way to add fruits and vegetables to your meal.





# Shopping Tips: Grains



Make half your grains whole grains. Types of whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.



Rice and pasta are budget-friendly grain options.





# Shopping Tips: Protein Foods

Some low-cost protein foods include beans, peas, and lentils such as kidney beans, lima beans, split peas, and garbanzo beans (chickpeas).

To lower meat costs, buy the family-sized or value pack and freeze what you don't use.

Seafood doesn't have to cost a lot. Try buying canned tuna, salmon, or sardines. These items store well and are a low-cost option.

Don't forget about eggs! They can be a great low-cost option that's easy to make.





# Shopping Tips: Dairy



Choose low-fat or fat-free milk. These have just as much calcium, but fewer calories than whole and 2% milk.



Buy the larger size of low-fat plain yogurt instead of single flavored yogurt. Then add your own flavors by mixing in fruits.







# Shopping Tips: Other



Drink water instead of sodas or other high-sugar drinks.

Water is easy on your wallet and has zero calories.  
Take a reusable water bottle when on the go.



Not ready to just drink water? Try drinks with lower amounts of sugar.

Half Juice & Half Water vs. Full Strength Juice & Soda



Purchase fruits and vegetables to infused your water and make it fun.



Drink 100% fruit or vegetable juice in small portions.





# Shopping Tips: Other

Plan Your Recipes

Shop With a List

Compare Similar Products

Look For Sales

Cut Cost With Coupons & Grocery Apps

Buy Store Brands

Try Growing a Garden



# Menu Planning Recommendations

- See what you already have.
- Write down your meals.
- Write down recipes to try.
- Think about your time.
- Plan to use leftovers.
- Make a grocery list.
- Build your shopping list as you go.
- Buy a mix of fresh, frozen, and self-stable items.





# Budget-Friendly Shopping Resources

- [Meal Planning](#)
- [Grocery Shopping](#)
- [Nutrition on a Budget](#)
- [Eat Healthy on a Budget](#)
- [Shop Smart | Explore Shopping Tips](#)
- [Make a Plan | Plan Meals and Save More](#)
- [Smart Shopping: Shop with Meals in Mind](#)
- [Prepare Healthy Meals | Get Time-Saving Tips](#)
- [Local Food Directories: National Farmers Market Directory](#)
- [Shop Local | Find Georgia Grown Fruits & Vegetables Near You](#)





# Key Takeaways

- The benefits of healthy eating add up over time, bite by bite. Aim to eat from each of the food groups over the course of the day.
- Limit your family's consumption of sugar sweetened beverages.
- Engage kids in the kitchen often as it increases their willingness to try new foods and supports the development of life long healthy eating habits.
- Regular family meals offer a wide variety of benefits for children and adults.
- Plan ahead to get the most for your dollar and choose healthy options for your family.



# Closing Discussion

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# Discussion Prompts

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- If your children are/were picky eaters, share the tips and tricks you use at home.
- Share any budget-friendly tips you use when shopping for your family.
- What is one goal you have for your family after this presentation (making healthy choices, involving kids in the kitchen, family meals, etc.)?





# Contact Information

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# Resources

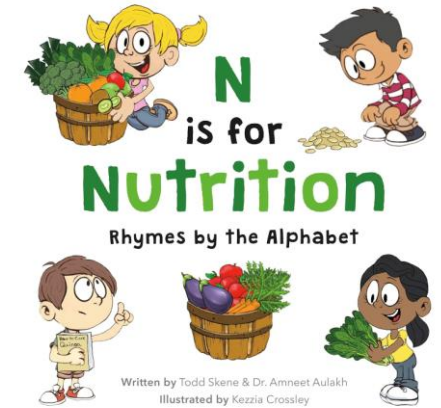
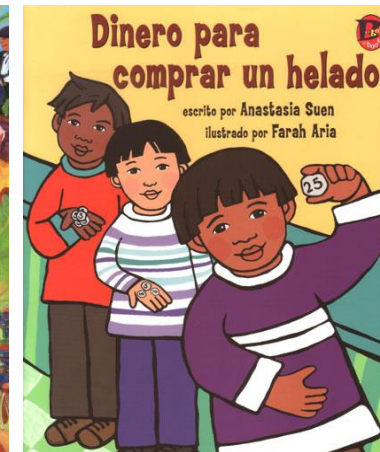
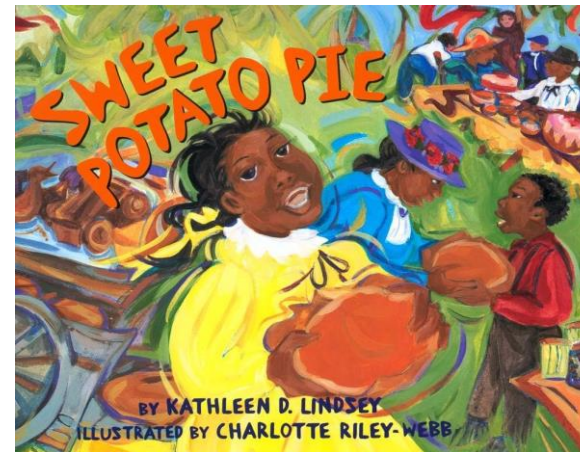
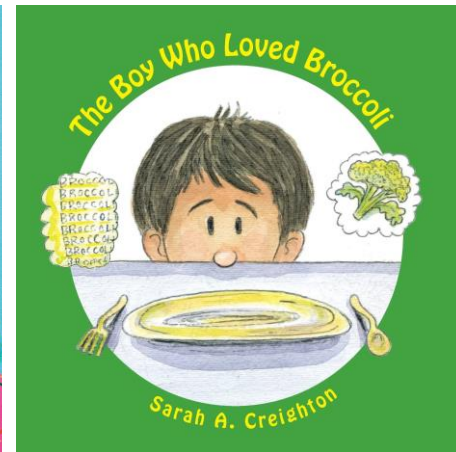
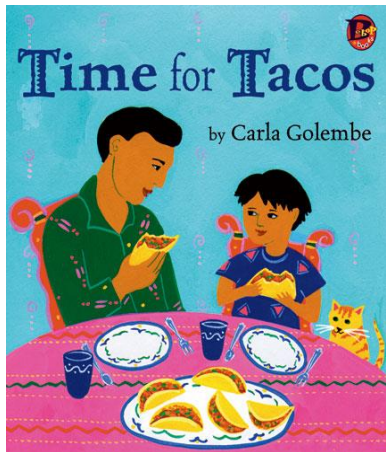
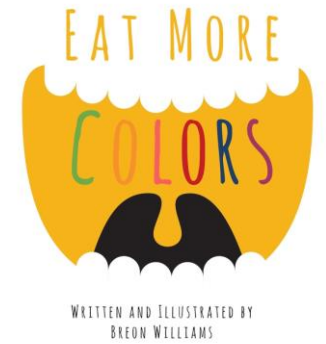
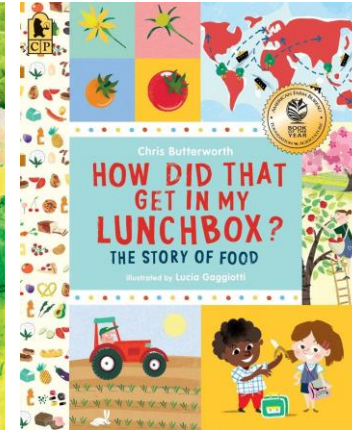
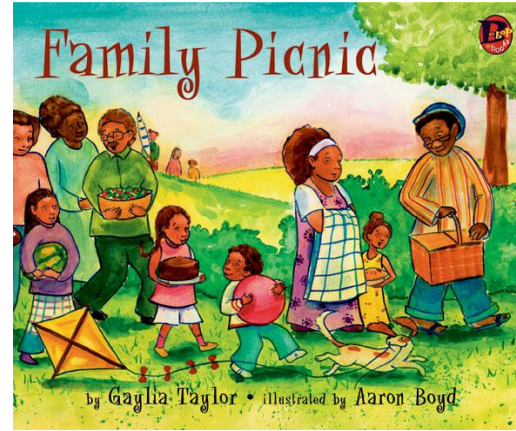
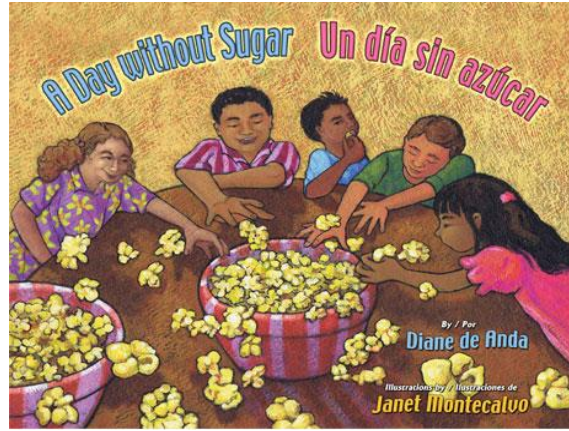
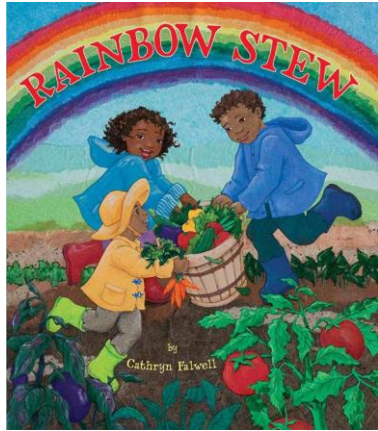
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# Resources for Families

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- [MyPlate | Families](#)
- [Kids in the Kitchen](#)
- [Parent Tip Sheets | Getting Kids in the Kitchen](#)
- [We Can! Parent Tip Sheets](#)
- [Now You're Cookin': Meals with Help from Kids!](#)
- [ICN's Mealtime Memo | Reducing Added Sugars](#)
- [The Family Dinner Project](#)





# Nutrition Books







# Thank You!

