

Building Healthy Habits: Food and Community Nutrition

For more information about this and other Herkimer County programs, call 315.866.7920

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Tips for Your Choosy Eater

Many preschoolers may choose to eat only certain foods or may want to play at the table and not eat. As long as your child is active and is growing, they are likely eating enough to stay healthy.

Here are some ideas for encouraging a choosy eater:

1. Stay positive and don't refer to your child as a choosy eater. Children often believe what they hear.
2. Offer new foods one at a time and in small portions.
3. At the start of the meal, offer new foods before offering foods your child enjoys.

Children are hungry at the start of a meal and are more likely to try new foods.

4. Let your child decide between two healthy foods - try "Would you like an apple or strawberries?" This gives your child a choice yet gives you control over the choice being offered.
5. Be a good role model - let your child see you enjoying a variety of foods. Children often imitate the adults in their lives.



EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

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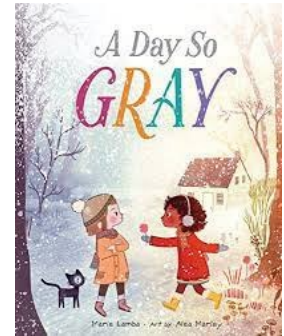
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below to sign up for personalized nutrition education:



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KORNER IDS

Visit your local library and with your child, check out "A Day So Gray" by Marie Lamba. Read the book with your child then take a walk together to discover the colors you see on a gray day in January!



Apple Sandwiches

Makes 2 servings, serving size 1/2 apple

Ingredients

- 1 medium apple
- 2 Tablespoons peanut butter
- 1 Tablespoon raisins

Directions

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half, cut side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
4. Put 4-6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut butter side down. Squeeze gently.
5. Continue with remaining apple slices.
6. Refrigerate leftovers within 2 hours.



Notes:

- Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
- Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
- Use other dried fruit pieces, such as cherries or cranberries.

Nutrition Facts for 1/2 apple: 150 calories, 8g total fat, 1.5g saturated fat, 0g trans fat; 10% added calories from fat; 0mg cholesterol, 70mg sodium, 19g total carbohydrates, 3g dietary fiber, 13g total sugars, 1g added sugars, 4g protein, 0mcg Vitamin D, 15mg calcium, 0mg iron, 212mg potassium, 4mg vitamin C

Source: FoodHero.org

Find this and more recipes at:

<https://fnec.cornell.edu/for-participants/recipe-table/>

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