



Up Beet Monthly

May 2016

Eating fruits & vegetables is a recommendation we hear all the time. But what if my child is a “choosy” eater? What then?

“Choosy” eating is part of growing up and showing independence. What seems choosy may be your child's awkward way in learning to make decisions.

Sometimes what appears to be “choosy” may be a smaller appetite. Children grow at different rates in their childhood. When they grow at a faster pace, their bodies need more calories than when their growth is slower.

Be patient. Try not to make a big deal when your child rejects foods. That way your child will not learn to use food to exert control.

Here are 6 ways to handle a “choosy” eater:

1. Consider what your child eats over several days, not just at each meal. Most kids eat more food variety than a parent thinks.

2. Trust your child's appetite rather than forcing a child to finish everything on his/her plate. Forcing a child to eat more encourages overeating.

3. Set reasonable time limits for the start and end of each meal then remove the plate quietly. What is reasonable depends on each child.

4. Stay positive and avoid criticizing or calling any child a “picky eater”. Children believe what you say.

5. Avoid being a short-order cook by offering the same food to the whole family. Plan for at least one food everyone will eat.

6. Offer 2 or 3 choices and allow your child to decide what you will cook.



Here are some FREE activities for the entire family

Important Dates:

- 5/4 Bay Area Discovery Museum (FREE Admission day) 557 McReynolds Rd. Sausalito (Fort Baker)
- Wed. Every Wed 2:30-5 @ 3110 Kerner Blvd in San Rafael. Come to our Health Hub for free health screenings, health education, and food.
- Thu. Every Thu 2:30-5 @ 6100 Redwood Blvd. Come to our Health Hub for free food.
- 5/7 FREE EVENT Yoga in the Park 10-2pm @ McNears Beach 10-2PM 201 Cantera Wy. San Rafael. Yoga, Healthy Food, Volunteer Work
- 5/8 San Francisco Exploratorium 10am -5pm Pier 15, San Francisco. FREE Entrance to all moms and their families.



Mother's Day Word Search Puzzle!



CARING
FAMILY
HELPFUL
KIND
LOVING
MOTHER
SMILE



Physical activity is an important part of creating lifelong healthy habits. Consider these simple steps to stay active:

- ◆ Doing laundry, gardening and walking the dog all count as being active.
- ◆ Play a simple game. Remember tag is fun and very active.
- ◆ Go on a bike/hike trail in the beautiful outdoors.
- ◆ On warm days take your child to the pool. McNears park in San Rafael has a low cost pool open to the public.
- ◆ Grow your food. Contact Flor Gonzalez Community Garden Coordinator @ 415-306-0440/ florg@canalalliance.org. Plots are available.

Recipe

Home made Marinara Sauce

Serves: 4 • 1h 20 min • Dairy-free • Gluten-free • Low Added Sugar • Vegan

Use this Marinara Sauce for pasta, chicken or your favorite homemade pizza!
Freeze leftovers for another day.

Ingredients:

- 2 (28oz) cans whole peeled tomatoes
- 2 Carrots
- 4 Garlic cloves chopped
- 2 Onions chopped
- 1 bunch of Spinach
- 1 tbsp. Canola oil
- 1 tsp. Salt & Pepper
- 1 tbsp. Fresh/dried basil (optional)
- 1 tsp. Dried oregano (optional)

What you'll need:

- Can opener
- Measuring spoon
- Cutting board
- Knife
- Large spoon
- Blender/Food processor
- Large pot with lid

Directions:

1. Heat canola oil in pot over medium heat.
2. Add chopped carrots, onions and spinach, sauté until soft (10 min). Add chopped garlic and cook for an additional minute.
3. Blend canned tomatoes, dried herbs (optional)
4. Add canned tomatoes, dried herbs (optional), salt and pepper.
5. Turn heat to low and simmer uncovered for an hour.



For more recipes go to:
www.eatfresh.org



marin community clinics