



HELPING HANDS FOR FAMILIES – SUMMER

CHILDHOOD NUTRITION



BE A ROLE MODEL FOR YOUR CHILD

Model eating fruits, vegetables, and whole grains at meals and snacks. Let your child see you enjoy these foods, too!

- Have a structured meal time and eat together as a family.
- Involve your child in meal planning and prepping for the meal. Doing so can lead to a greater food acceptance!

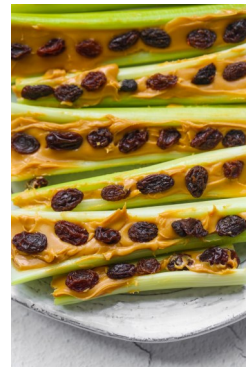
INTRODUCE NUTRITION AT A YOUNG AGE

- Young children quickly develop opinions about what foods they do/do not like, so providing fruits and vegetables at every snack and mealtime can help picky eaters warm up to fruits and vegetables more quickly.
- Explain how eating nutritious foods helps developing bodies-make it fun!

MAKING FRUITS AND VEGETABLES FUN!

Create fun animals out of fruits and vegetables, such as ants on a log or elephant ears!

Create assembly lines with fruits and veggies to create a fun salad or taco bar.



NATURALLY OCCURRING SUGARS VS. ADDED SUGARS

- Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose).

Added sugars include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (such as putting sugar in your coffee or adding sugar to your cereal). Added

sugars (or added sweeteners) can include natural sugars such as white sugar, brown sugar and honey as well as other caloric sweeteners that are chemically manufactured (such as high fructose corn syrup).

Marquette County Family Connections Coalition links families to community agencies for information,

Marquette County Family Connections Coalition

Volume 16—Issue 2
Summer 2021

Marquette County Health Department
608-297-3135

Marquette Early Learning Center & Head Start
608-296-2141 x 2217

Marquette County UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County Economic Support
608-297-3124

Work Smart Employment & Training Services
608-355-4808

Westfield School District Family/School Liaison & Guidance Program
608-296-2141

Montello School District
608-297-7617



MARQUETTE COUNTY FAMILY ADVENTURE DAY!

CANCELLED IN 2021—WILL RETURN IN 2022

Celery Snails and Caterpillars



Move beyond ants on a log in your attempts to make celery fun for kids! Try fun combinations of you and your child's favorite creamy spreads, fruits, and vegetables!

Combination Suggestions

- Cream cheese and grapes
- Peanut butter and blueberries
- Cream cheese and a cucumber slice
- Peanut Butter and an apple round
- Veggie cream cheese and tomatoes
 - Cherry tomatoes make a good caterpillar
 - A larger tomato round slice makes a good snail!
- Peanut butter and Grapes

Add a head by ending a 'snail' in a nut (candy eyes optional) or a 'caterpillar' by switching the last circle fruit or vegetable for a slightly larger one in a different color!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin Division of Extension is an EEO/AA Institution committed to diversity among its employees and its programs.



BUILD A BUG BOX

Materials:

- Clear container you can cover securely (mason jar, plastic container)
- A cover that lets air in such as a screen or material to make tiny holes in
- Thumb tack for holes (if needed)
- Natural Materials (leaves, sticks, bark, stones, loose soil)
- Spray bottle w/water
- A Bug

Instructions:

1. Find a clear container to make your bug home.
2. Add some natural materials to the container to make your bug's natural habitat.
3. Gently mist the inside of the container.
4. Find and gently catch a bug to place in the container.
5. Securely cover the bug container, but make sure air can enter.
6. Observe your bug. Does it crawl around, hide, fly? How many legs does it have? Does it have wings? Can you see it's eyes or mouth?



AUGUST IS IMMUNIZATION AWARENESS MONTH!

It's important to work with your child's doctor or nurse to make sure they are caught up on vaccines.

Children through 18 years of age who are Medicaid Eligible, uninsured, American Indian or Alaska Native or underinsured (health insurance does not include all vaccines) are eligible to receive vaccines through the Marquette County Health Department. Please call 608-297-3135 for further information or to see if your child is up to date.



MARQUETTE COUNTY EARLY LEARNING CENTER IS TAKING APPLICATIONS FOR THE 2021-2022 SCHOOL YEAR. THERE ARE STILL OPENINGS IN BOTH THE EARLY HEAD START PROGRAM AND THE HEAD START CLASSROOM. IF YOU ARE INTERESTED, PLEASE CALL 608-296-2141 EXT. 2217

