



# October 2024 Newsletter



Meet the **SuperCrew Kids**

[SuperKidsNutrition.com](http://SuperKidsNutrition.com)

## Kids and Cooking

October is National Cookbook Month and National Healthy Literacy Month. Grab your kids and head to the kitchen! It is never too early to teach your children about food and basic culinary skills! There are many great cookbooks for children out there. Find the one that works best for your child and get started. A child who feels connected to their food is more likely to give it a try—yes, even vegetables! Diversifying their palate also helps even the pickiest of kids to transform into adventurous eaters. Help your kiddo develop a positive relationship with foods, contributing to healthy habits for the years to come.

Don't know where to start? Here are some simple steps to get your child involved in the cooking process.

1. Ask your child what their favorite food is. Have your child help you find a recipe in the cookbook that they like. Even if the child hasn't learned to read yet, most books have fun pictures. Your child may even find a recipe they would rather make instead. Feel free to pick three or four recipes in advance. That way, you have something to look forward to making next time.
2. After you pick the recipe, it is time to go shopping for the ingredients. Grocery shopping is a learning experience for kids of all ages. Have your child physically pick out each item. It will help familiarize younger children with different fruits and vegetables. It will also teach older children how to balance the family food budget.
3. Once home, the REAL fun of cooking can begin! Depending on the child's age and skill set, they can be your "sous chef" for different cooking tasks. Don't worry, it isn't as daunting as it sounds. That being said, be patient with your kids. While there is a learning curve, it will teach life-long skills that your child will utilize through adulthood.
4. Check out the [Super Crew cookbook](#) and [Healthy Eating book](#). Before you know it, your child will love cooking and eating healthy, whole foods.

## Parent Power Tips from the SuperKids Nutrition Founder

Here are some tips on promoting healthy eating behaviors:

- Pick your own apples! October is a wonderful time to hit your local orchard and grab apples straight from the tree. It's not only a fun activity for the entire family, but it also shows your little ones how apples are grown.
- Make your own apple sauce with fresh apples. It's an easy way to show your child how their favorite afternoon snack is made. Not to mention, homemade apple sauce is packed with healthy nutrients and skips any unwanted added sugars. Plus, this natural, healthy snack can be stored in an air-tight container in your refrigerator and ready to enjoy at a moment's notice! See our [apple recipes](#).
- [Eat your fall foliage colors!](#) The seasonal rendition of "eat the rainbow." Orange pumpkins. Yellow corn. Brown mushrooms. Red pomegranates. Purple figs. The possibilities are endless! But certain produce items may vary depending on your area of the country. Choose what's local to your region!
- Remember, if your child doesn't like a new fruit or vegetable the first time, don't lose hope! Most children have to be exposed to a new food a minimum of ten times! Also, don't be afraid to get creative and play with different food textures. If raw tomatoes are too "slimy," try making a tomato sauce or a salsa. While your child may never eat a raw tomato, they can still reap its nutritional benefits.



Melissa Halas,  
MA RDN CDE  
Mom, Registered  
Dietitian Nutritionist,  
Author and Founder of  
SuperKids Nutrition

Visit us at [SuperKidsNutrition.com](http://SuperKidsNutrition.com), [Our Books](#), [Instagram](#), [Pinterest](#), [Facebook](#) and [twitter](#) for fun, tasty and good-for-you ideas!

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**SUPER CREW**

## SuperKids Nutrition

### Happy Halloween from the Super Crew®

#### Safe & Healthy Halloween!

- Have a healthy dinner before you go out to trick or treat.
- On Halloween, make sure your parents check all the candy before you eat it.
- Throw out the candy that isn't your favorite. See how many "basket shots" you can make into the trash can!



- Remember to keep eating healthy foods, like fruits and veggies, during Halloween season.
- Host a Halloween party and serve healthy spooky snacks.
- Instead of candy, give out pencils, erasers and stickers or buy small size candies.

**Snack on jicama** (pronounced hic-a-ma) before trick-or-treating. For an easy and refreshing slaw – grate or slice jicama into strips, toss with lemon or orange juice & fresh chopped cilantro. Kids love the crispy, crunchy texture.



#### Carving Your Pumpkins? Keep the Seeds!

- Pumpkin seeds, also known as pepitas, are a tasty jack-o-lantern bonus, and they're some of the most nutritious seeds around.
- Pumpkin seeds are rich in antioxidant carotenoids, which are good for your heart. They also have small amounts of healthy omega-3 fats that are good for your brain!
- They provide protein, iron, and health promoting fight-o-nutrients (phytonutrients) that fight off diseases and keep your family healthy.
- Roasted pumpkin seeds make a great on-the-go snack or work as an addition to salads, trail mix and cookies.



#### Word Challenge

Can you think of some healthy Halloween party snacks? See if you can guess what Super Crew Kid Andy will be serving at his Halloween party.

R \_ A \_ \_ \_ E \_ & F \_ U \_ T  
P \_ \_ \_ \_ \_ \_ \_ S \_ L \_ \_  
S \_ E D \_ \_

Answers: Roasted Pumpkin Seeds and Fruit Salad





# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is  
**pears**



## Health and Learning Success Go Hand-in-Hand

Eating a balanced diet rich in fruits, vegetables, and whole grains supports a healthy body and mind. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

### Produce Tips

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.

### Healthy Serving Ideas

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or lowfat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about other fruits and vegetables that are in season. Find a recipe and make it together.

For more ideas, visit:

[www.calpear.com](http://www.calpear.com)

### FRUIT CRUNCH COBLER

**Makes 4 servings. 1 cup per serving.**

**Cook time:** 10 minutes

#### Ingredients:

- 1 (15-ounce) can sliced peaches, drained\*
- 1 (15-ounce) can pear halves, drained\*
- $\frac{1}{4}$  teaspoon almond or vanilla extract
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{3}{4}$  cup lowfat granola with raisins

\*Choose canned fruit packed in 100% juice.

1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Be careful removing bowl from microwave because it may be hot. Let cool slightly before serving.

#### Nutrition information per serving:

Calories 171, Carbohydrate 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California—Children's Power Play! Campaign, 2009.

### Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- If you have to drive, park the car farther away than normal and walk the rest of the way.

For more physical activity ideas, visit:

[www.healthierus.gov/exercise.html](http://www.healthierus.gov/exercise.html)

### Nutrition Facts

Serving Size:  $\frac{1}{2}$  cup pears, sliced (70g)  
Calories 41      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 1%

### How Much Do I Need?

- A  $\frac{1}{2}$  cup of sliced pears is about half of one pear. This is about the size of one cupped handful.
- A  $\frac{1}{2}$  cup of sliced pears has fiber and vitamin C.
- Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs to eat. All forms count toward the daily amount – fresh, frozen, canned, and dried. Make a family plan to eat the recommended amount each day.

#### Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.

