

# hapitimes



## Introducing New Foods to Young Children? Make It Fun!

Young kids can be picky eaters, particularly if the new food is green or smells different. Learning to enjoy a wide variety of foods takes time. Here are some things you can do to make new foods more appealing:

- Present them in a fun way. A popular example is “ants on a log,” made with celery, peanut butter and raisins.
- Offer healthy dips for vegetables, such as hummus and bean dip.
- Grow vegetables as a family. This can be a lot of fun and kids will take pride in what they grow.
- If you honestly model enjoying new foods in a low-key manner, it is likely your children



will want to imitate you. This is a great way to introduce healthy foods from different cultures.

*Source: Florida Department of Health*

## Keeping a Food Diary This Powerful Weight-Loss Tool Can Help



Keeping a record of the food you eat each day can help you lose weight or maintain it after weight loss. You don't need to show it to anyone. Being honest with, and accountable to, yourself as to how well you are following your plan can be a powerful motivator. If it works for you, go ahead and show it to someone else. If you are working with a doctor

or a registered dietitian, the food diary can be a great way to check your progress.

*Source: National Institutes of Health*

## Inside the Villas of Sorrento

### OUR NEW YEAR RESOLUTIONS

1. More exercise.
2. More nutritious meals and snacks.
3. More work on the community garden.
4. More fun with the kids in the after-school program!



## Rainbow Salad Bar

### INGREDIENTS

Fruits and vegetables in the colors of the rainbow make up this do-it-yourself salad. Shopping note: look for multiple colors of tomatoes, carrots, and bell peppers.

**RED:** Radishes, strawberries, raspberries, pomegranate seeds.

**ORANGE:** Carrots, tomatoes, peppers (plus apple cider vinegar for the dressing).

**YELLOW:** Yellow carrots, tomatoes, peppers (plus lemons and olive oil for the dressing).

**GREEN:** Celery, spinach, other greens, pumpkin seeds, basil, parsley.

**BLUE/PURPLE:** Blueberries, grapes, carrots.

### INSTRUCTIONS

Set up the ingredients, separated by color in bowls or plates for the salad bar. Prepare for the kids, or enlist their help to wash and set up the fruits and vegetables.

Make a salad dressing by whisking olive oil, lemon juice and apple cider vinegar with a pinch of salt (two parts olive oil to one part juice/vinegar).

Compose the rainbow salads and dress individually.

### Wise Words

"Start where you are. Use what you have. Do what you can."

—ARTHUR ASHE