

FRUIT & VEGETABLES

Recommendations for the amount of fruit and vegetables toddlers & children should eat each day are based on a child's age, gender and level of physical activity. Recommendations range from 1-2 cups for fruit and 1-3 cups for vegetables.

Generally, a serving size is 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit, 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens. Whole fruits or vegetables are encouraged to be offered over juice form.

"Keep going,
keep
growing!"

Food & Drink Recommendations for 6-24 month olds: <https://tinyurl.com/t545ysm>

MN Women, Infants, and Children (WIC) Program provides nutritional guidance one-on-one, tailored to your needs, provides information about eating well for a healthy pregnancy and baby, answers questions and concerns you may have about feeding yourself and your family, and provides information about breastfeeding and introducing foods to your baby as he or she develops and grows.

Additional information can be found here:

- English: <https://tinyurl.com/y7elrzjm>
- Spanish: <https://tinyurl.com/y86mlw7w>

Also, find your local WIC office contact information here: <https://tinyurl.com/y9h97sh9>



Additional resources:

How to understand Nutrition Facts labels:

- <https://tinyurl.com/lxpubcc>

Eating healthy on a budget:

- <https://tinyurl.com/y72hkq5j>

Tearing paper is an amazing fine motor activity for kids! It requires strength and endurance of the small muscles in the hand. It will help your child build the muscles and coordination that help them scribble, hold a pencil and manage buttons and zippers as they get older.

"I Love You Berry Much"

Materials needed:

- Paint brush
- Red paint
- Green paint
- Black paint or marker
- White paper



Help your child paint their palm and fingers with red paint and stamp their hand onto the paper. Then have your child use their fingerprint (green paint) to create the stem. Let paint dry. Finally, either use a black marker or fingerprints (black paint) to create seeds.

Watermelon Tear

Materials needed:

- Paper plate
- Pink paper
- Green paper
- Black paper
- Glue

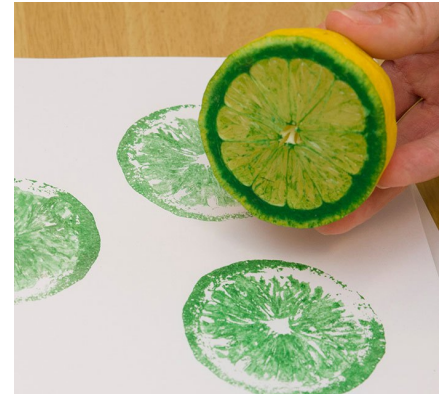


Cut paper plate in half. Encourage your child to tear colored paper into small pieces then glue green pieces along the outside edge and pink pieces inside. Top with small black pieces to add seeds.

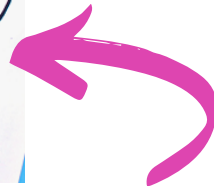
Fruit & Vegetable Stamping

This is a great activity for younger children to learn about colors, textures, smells, and identifying fruits and vegetables. Select fruits and vegetables of different sizes, shapes and textures. Parents can cut them both lengthwise and crosswise. Potatoes are great to carve various designs into them as well.

- Apples
- Lemon or Lime
- Carrots
- Celery
- Potato
- Brussel Sprouts
- Cabbage Leaves
- Broccoli
- Peppers
- Corn on the cob



https://www.chicagobotanic.org/blog/how_to/fruit_and_veggie_prints



Check out page 3 for a fish template to decorate using celery and paint! Does your family have any books about fish, fruits, or vegetables? Spend time reading them together this week too!

Parenting Self-Care Topic: SLEEP

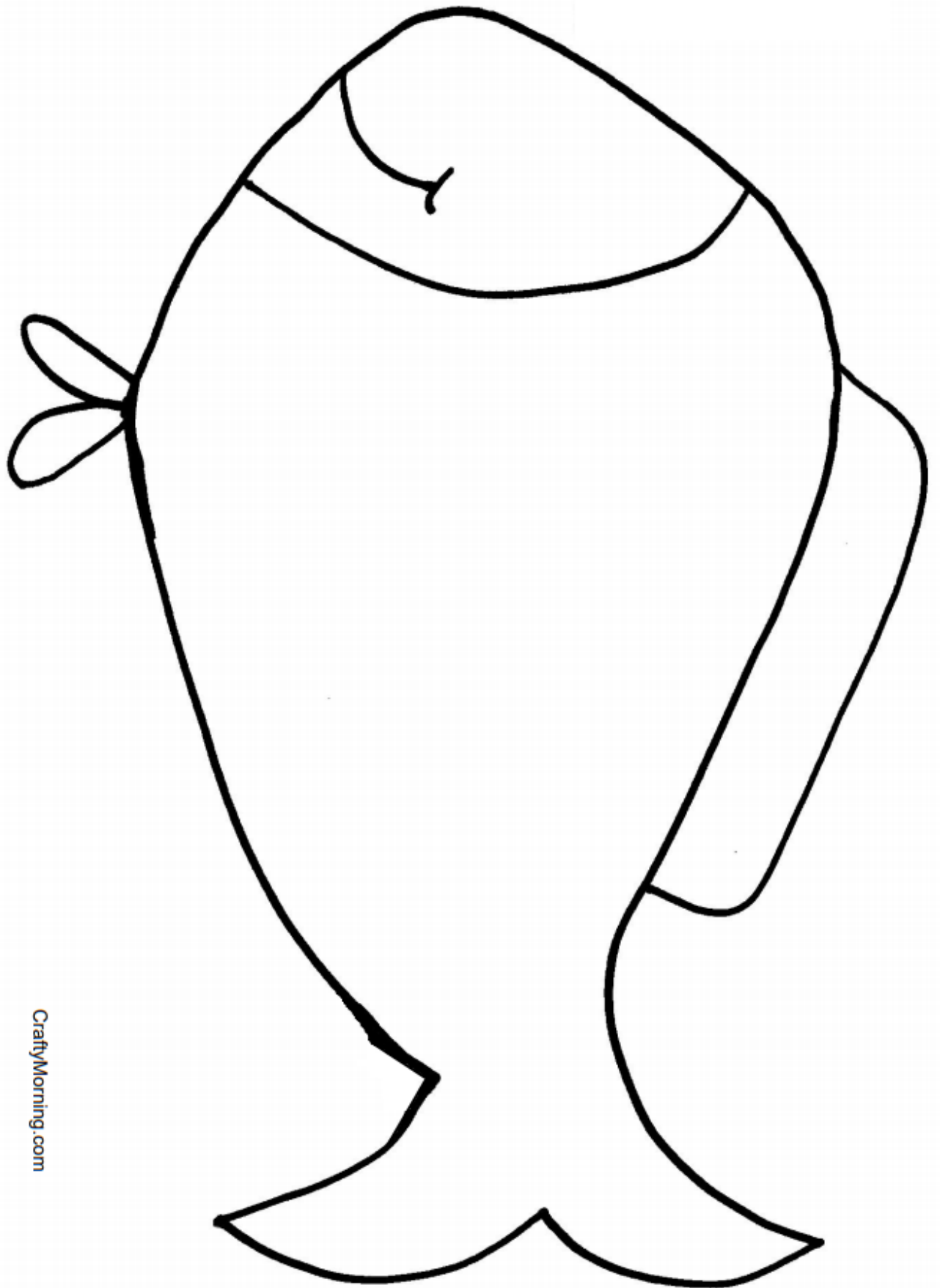
Source: <https://www.bouncebackproject.org/tools/tool-fatigue/>

Sleep has value to:

- Repair and rejuvenate our bodies.
- Improve the function of our immune system.
- Consolidate our memories.
- Remove wastes from other cells throughout our body.
- Help regulate and control our emotions.
- Allow us to form new memories. It also helps to strip away the negative emotions that can be attached to our memories.

Ways to get better sleep:

- Create a nightly sleep routine.
- Avoid chronic snooze button use.
- Avoid eating within 2-3 hours of sleep.
- Take a one-hour nap in advance of when you know you won't be able to get the sleep you need.
- Choose to sleep either less than 3 or more than 5 hours when sleep deprivation is unavoidable.
- Remember caffeine is a drug, not a food; use it as such.
- Avoid caffeine within 4-6 hours of sleep onset.
- Blue blocker sunglasses are a great idea for night shift workers.
- Expose yourself to at least 5-7 minutes of natural sunlight daily – even if it is cloudy.
- Exercise in the morning to boost your energy, decrease your stress hormones, and improve sleep quality.



CraftyMorning.com



at schools & other sites

Free Nutritious School Meals For Kids 18 And Under

Only a click away, the Free Meals for Kids mobile app will help families and kids find free meals at schools and other sites across Minnesota during school closures.

How it works:

- 1** Download the Free Meals for Kids app to your cell phone.
- 2** Use the app to find the nearest site providing meals and meal packs by GPS.
- 3** Click on the nearby site and use the Meals Updates tab for more details.
- 4** Share the app with friends, neighbors and on social media.

Free Meals for Kids can be downloaded at Apple or Google Play app stores.

There are free meal sites across the state at schools, bus stops, libraries, community centers and parks. The app provides location, directions to the site and hours and days of distribution. More sites are added daily. For more information: www.hungerimpactpartners.org

