

# FoodWise Nutrition

## November 2022 Newsletter



### Healthy Choices, Healthy Lives

#### WHAT IS FOODWISE?

FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

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### OFFICE HIGHLIGHT



#### Extension

UNIVERSITY OF WISCONSIN-MADISON  
ASHLAND COUNTY

**WEBSITE:** <https://ashland.extension.wisc.edu/>

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UW-Madison Division of Extension Ashland County carries out the tradition of the Wisconsin Idea, extending the boundaries of the university to the boundaries of the state. Their office educators and staff can assist community members with questions centered around topics such as Community Development, Nutrition Education, Human Development and Relationships, 4-H and Youth Development and more! If you ever need assistance, feel free to reach out using the contact information above.

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, November 28 from 12:00-1:00 pm.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at:

Phone: 715-561-2695  
Email: [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu)



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

# HEALTHY TIPS FOR PICKY EATERS

## HOW TO COPE WITH PICKY EATING

Your child's (or grandchild's) picky eating is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior in a positive way. Check the ones that work for you and your child.



- ◇ **Let your kids be "produce pickers."** Let them pick out fruits and veggies at the store.
- ◇ **Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.
- ◇ **Offer choices.** Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- ◇ **Enjoy each other while eating family meals together.** Talk about what family members did during the day, what made you laugh, or what you did for fun. Turn off the TV and keep phones away from the table to focus on family time.
- ◇ **Offer the same foods for the whole family.** Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.

## TRYING NEW FOODS

Your child may not want to try new foods. It is normal for children to reject foods they have never tried before. Here are some tips to get your child to try new foods:

- ◇ **Start with small portions.** Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for more types of foods, it's easier to plan family meals.
- ◇ **Offer one new food at a time.** Serve something that you know your child likes along with the new food. Offering more new foods all at once could be too much for your child.
- ◇ **Be a good role model.** Try new foods yourself. Describe their taste, texture, and smell to your child.
- ◇ **Offer new foods first.** Your child is most hungry at the start of a meal.
- ◇ **Offer new foods many times.** Sometimes, new foods take time. Kids don't always take to new foods right away. It may take up to a dozen tries for a child to accept a new food.

## MAKE FOOD FUN!

Help your child develop healthy eating habits by getting him or her involved and making food fun! Get creative in the kitchen with these cool ideas. Check the ones you try at home, and be sure to add your own ideas, too!

- ◇ **Cut a food into fun and easy shapes with cookie cutters.**
- ◇ **Encourage your child to invent and help prepare new snacks.** Create new tastes by mixing two or more food groups together to make interesting pairings.
- ◇ **Name a food your child helps create.**
- ◇ **Make a big deal of serving "Maria's Salad" or "Peter's Sweet Potatoes" for dinner.**



## Kale is The Harvest of the Month!

### Add kale to your favorite family meals:

- Add fresh kale to smoothies or salads.
- Steam fresh kale and season with lemon juice, olive oil, salt, and pepper.
- Mix chopped kale into the pot with pasta 5 minutes before it is done. Strain and add your favorite sauce.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Choose dark colored kale bunches.

**Store** – Store kale in a plastic bag in the coldest part of the fridge for 3-5 days.

**Prepare** – Rinse leaves under cool running water.

### Did you know?

Lacinato kale is also called Dinosaur kale because of its bumpy leaves. Ask kids to pretend to be dinosaurs when they are eating it!



Nutritious, Delicious, Wisconsin!  
#WIharvestoftheMonth



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## RECIPE OF THE MONTH—Kale Chips

A crunchy chip that you can customize to your liking! Make sure kale is washed and thoroughly dried to ensure kale chips are crispy and not soggy.

### INSTRUCTIONS

- 1 cup bunch kale (or chard, spinach, or collards)
- 1 1/2 tablespoons olive oil

### DIRECTIONS

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.



### INSTRUCTIONS

Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and parmesan cheese.

Recipe ink: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/kale-chips>