

## Using Apps to Teach Kids about Nutrition

Want to get your child more interested in healthy food? There are apps for that! Interactive apps on a tablet or cell phone can be helpful to spark interest in a new topic for some children.

Before sharing an app with your child, test it. Make sure it is a good fit for your child's age and stage of learning. Check for advertisements. If the app has ads, are they acceptable?

While apps can be a great way to learn, keep in mind recommended screen time limits of less than 2 hours per day for children over 2 years. Television and other media should not be used for infants and children under 2 years.

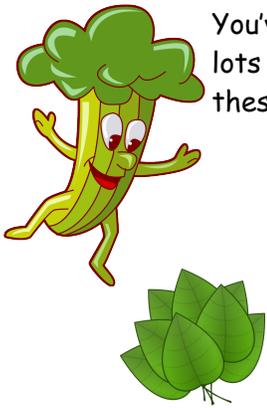
### Here are six kid-friendly apps to check out:

- ★ **Easy Eater 2:** Kids try to keep a pet healthy by feeding it the same foods they eat. Easy Eater also teaches food groups. Healthy choices earn "grub bucks" to buy app extras and real world prizes.
- ★ **Eat and Move-O-Matic:** This app helps kids understand how many calories they eat and how much time it takes to burn them off. The app feels like a video game and gives tips for healthier choices to make in place of high-calorie foods.
- ★ **Healthy Heroes 1 & 2: Nutrition for Kids:** As the Heroes in this game, kids have to save the city from Hungry Monsters. Kids beat the Hungry Monsters with healthy foods like fruits and vegetables. Junk foods make the monsters mad and keep players from moving to the next level.
- ★ **Perfect Picnic:** This app teaches food safety skills. The game asks players to wash hands, keep foods safe, and keep counters clean.
- ★ **Smash Your Food:** This app lets you smash food to see how much sugar, salt and oil is inside. Kids will enjoy smashing real pictures of a burger, crushing a can of cola, and punching a pizza.
- ★ **Veggie Circus Farm:** Veggie Circus Farm helps kids learn what foods are vegetables. The app teaches basic nutrition benefits and how to say the names of vegetables.

Source and for more information: <http://www.eatright.org>



# How to Get Your Kids to Eat Dark Leafy Greens



You've heard that dark green vegetables like kale, spinach, chard, and collard greens have lots of nutrition. But, getting your kids to eat them might seem like a losing battle. Try these tips for storing and making green leafy vegetables kid-friendly.

## Storing and cleaning dark leafy greens

Fresh green leafy vegetables can be stored in the crisper drawer of the fridge for 3 - 5 days. Some bags of leafy greens are already washed. If they are not bagged or pre-washed, be sure to clean the leaves before using. Rinse under cool running water to wash off any dirt. Then, pat dry with a clean kitchen towel.



## Cooking kid-friendly leafy greens

- For kale, be sure to choose the right kind. Tougher curly kale is best for adding to soups or stews. Softer, flat-leaved kale is best in salads.
- Overcome the strong taste of collard and mustard greens by cooking them at a low temperature for a long period of time, and adding a pinch of sugar at the end of cooking.
- Try adding chopped leafy greens to well-liked scrambled eggs, soups, pasta sauces, casseroles, meatballs, or meatloaf. Add a small amount of greens at first to see how it tastes.
- Ask kids to help prepare and name a recipe with green leafy vegetables, such as "green monster smoothies" or "green, cheesy scrambled eggs."



Source and for more information:  
<http://www.eatright.org/>



## Easy active games to play with your child anywhere!

### **Jolly Jumps:** Cheer up a grumpy child...

Give your child a friendly challenge: "Hey, can you jump up and turn around in the air?" Show them how by jumping and giving your body a half turn, landing so you face the opposite direction. Then try quarter and full turns. Add patterns—first a quarter turn, then a half turn, and finish with a full turn. Ta-da!

### **Rare Races:** Helpful if you need a group of kids to go somewhere now!

- Toe Races—racing on tiptoes only.
- Sideways Sliding—race by facing sideways, leading with one leg and sliding the other leg to meet that leg.
- Get creative! Try hopping on one foot, skipping, jumping like a bunny, or galloping like a horse!

### **Animal Charades:** Get ready to laugh...

Ask your child to move like an animal while you or other children guess what animal he or she is pretending to be.

### **Color Walk:** Get moving!

Take a walk around the neighborhood, park, or store, but turn it into a color hunt. For example, ask your child to point out everything that is red.

# Spring Into These Healthy Recipes!

## 15-Minute Enchiladas

### Ingredients:

Nonstick cooking spray  
1 can chili, without beans (about 24 ounces)  
1 1/2 cups canned refried beans, low-sodium, non-fat  
2 cups low-fat Cheddar or Monterey Jack cheese (shredded)  
8 whole wheat flour tortillas, large size

**Makes 8 servings**

### Nutrition per serving:

310 calories, 23 grams carbohydrate, 17 grams fat, 4 grams fiber, 17 grams protein, 500 mg sodium

### Directions:

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (but do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

All recipes from What's Cooking — USDA Mixing Bowl  
<http://www.whatscooking.fns.usda.gov/>

## Anytime Pizza

### Ingredients:

1/2 loaf Italian bread, split lengthwise  
1/2 cup pizza sauce  
1/2 cup mozzarella low-fat shredded cheese  
Additional toppings as desired—try spinach leaves, bell peppers strips, shredded carrots, or small broccoli pieces

**Makes 2 servings**

### Directions:

1. Toast the bread until slightly brown in a toaster oven or in oven.
2. Top bread with pizza sauce, cheese and toppings.
3. Return bread to oven until cheese melts.



### Nutrition per serving:

180 calories, 21 grams carbohydrate, 7 grams fat, 3 grams fiber, 12 grams protein, 540 mg sodium

## Banana Oat Cookies

### Ingredients:

1 cup mashed banana (about 2 ripe bananas)  
1 cup quick (not instant) oats  
1/2 cup yogurt, low-fat plain  
1/4 cup water

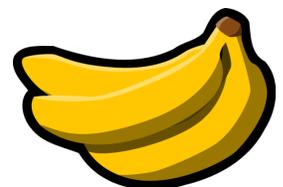
**Makes 25 small cookies**

### Directions:

1. Mash bananas, mix with yogurt and water.
2. Add quick oats. Mix well.
3. Grease baking sheet. Place a tablespoon of dough on sheet, thin out to a flat disk.
4. Bake at 350 degrees F for 20 minutes. Flip and bake on other side 15 minutes to make crispier.

### Nutrition per cookie:

23 calories, 4 grams carbohydrate, 0 grams fat, 1 gram fiber, 1 gram protein, 4 mg sodium



## Healthy Kids Eau Claire County -

to inspire families to make healthy habits happen through reliable consistent education, resources, and support.

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## Proper Storing and Thawing of Breastmilk

Getting ready to be away from your breastfed baby for work or school? Use the tips below to store breastmilk and keep it safe for your baby.

### Storing breastmilk:

- Store in a clean glass bottle, hard plastic bottle or disposable plastic breastmilk bags.
- Do not use regular food storage bags or infant formula bottle bags to store breastmilk since they may crack or leak when freezing.
- Start storing milk with only 2 to 4 ounces in each container, or the amount you think your baby will take at one feeding.
- When filling a bottle, leave about 1 inch of space at the top because breastmilk expands when it freezes.
- You can combine fresh, refrigerated breastmilk from various pumping sessions within 2 days, but never add fresh breastmilk to frozen breastmilk.

### Fridge and Freezer Storage:

- Put the date on the container so that the breastmilk you express first is used first.
- You can store breastmilk in the fridge for 2 days.
- Frozen breastmilk can be stored in a freezer above a refrigerator for 3 to 6 months or in a deep freezer for 1 year.
- Store breastmilk in the back of the fridge or freezer where it is coldest.

### Thawing or Warming:

- Once thawed, breastmilk should be refrigerated and used within 24 hours.
- Do not refreeze thawed breastmilk.
- To thaw, hold under running lukewarm water or place in a bowl of warm water. Then, gently swirl the bottle to mix. Avoid too much heat or hard shaking as this can break down some of the healthy proteins in breastmilk.

Source: State of Wisconsin, Department of Health Services

### **FREE! Breastfeeding Class**

Wednesdays 6-7:30 PM:      Tuesdays 10-11:30 AM:

April 13

April 26

May 11

May 24

June 8

June 28

July 13

July 26

Classes will be held at the Eau Claire City-County Health Department:

Call (715) 577-6154 for more information and to register today!

### *Topics covered in this class include:*

- Benefits of breastfeeding for babies, mothers, and fathers
  - How breastfeeding works
  - Latching on and positioning
  - Frequency and duration of feedings
- How to know your baby is getting enough to eat