

## WINTER 2016 NEWSLETTER

### Developing Healthy Eating Habits

Healthy eating means eating a variety of foods from all food groups. With a little planning and family activities, you can give your children the opportunities to grow and learn to make healthy eating choices.

#### **Keep healthy snacks available**

- Place snacks in a drawer or on a shelf that the kids can reach and choose from when you say it is okay

#### **Make healthy eating fun**

- Fun ideas get kids excited to try new fruits and veggies
- Try an open “face” sandwich with tomato eyes and a bell pepper smile

#### **Eat with your children**

- Kids are more likely to try new foods if they see you eating and enjoying them

#### **Take them shopping**

- Ask your kids to pick a new fruit or veggie they want to try for dinner which fits into your food budget



Photo: [snap.nal.usda.gov](http://snap.nal.usda.gov)

Adapted from “Child Feeding Tips and Advice.” For the complete article click [here](#) or search “USDA Child Feeding Tips Advice”.

### **Recipe: Garden Chili**

#### **Ingredients**

3/4 pound ground beef (Protein)  
1 green pepper, chopped (Vegetable)  
1/2 onion, large, chopped (Vegetable)  
1/2 cup celery, chopped (Vegetable)  
1-15 ounce can kidney beans, drained and rinsed (Vegetable)  
1/2 cup corn (Vegetable)  
1-8 ounce can tomato sauce (Vegetable)  
1-14.5 ounce can diced tomatoes (Vegetable)  
1 dash black pepper  
1/2 teaspoon garlic powder  
2 teaspoons chili powder



#### **Directions**

1. Brown ground beef in skillet over medium-high heat, stirring until fully cooked. Drain fat.
2. Add green pepper, onion, and celery to skillet. Cook until softened.
3. Add kidney beans, corn, tomato sauce, diced tomatoes, pepper, garlic, and chili powder. Stir.
4. Cook mixture until it is heated through. Serve.

For a complete MyPlate meal serve with whole grain crackers or bread (Grain), skim or 1% milk (Dairy), and apple slices (Fruit).

**This recipe is adapted from “What’s Cooking? USDA Mixing Bowl.” For more recipes visit:**  
[www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/)