



## Let's Visit the Farmers' Market!

A trip to the Farmers' Market is something every child should experience regularly. It's a great opportunity to get outside in the fresh air and learn about fresh fruit and vegetables. We all want our children to eat well and how better to achieve this than arming our children with wisdom. Children who might have a hard time at the grocery store are much more engaged while using all their senses at the Farmers' Market.

### What children can learn:

#### Fruits and Vegetables are Healthy

Produce packs a healthy punch of vitamins, minerals and substances known as phytochemicals (fight-chemicals) which have been shown to promote health by lowering our risk of infection and disease. It turns out these very substances are bursting in all the different brightly colored produce. That's why our plates should look like a box of crayons.

#### Names of Produce

Doesn't it make sense that learning the name and characteristics of a food would help eliminate the fear of trying it? Many Farmers' Markets offer



samples of food. Remember they take a loss on this, so be respectful. While shopping, ask the children to look for a fruit and vegetable from every color of the rainbow and every letter of the alphabet.

#### Where Food Comes From

Most young children are likely to think food comes from brightly colored containers at the grocery store or maybe, sadly from the drive through burger joint. Let the children see carrots with the tops on, zucchini with flowers and Brussels sprouts growing on a stalk. Seeing, smelling, touching and tasting a

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## DID YOU KNOW...

- June is National Safety Month and Home Safety Month.
- During National Safety Month individuals and organizations participate by making efforts to reduce unintentional injuries and deaths at work, on the road, in homes and communities.
- Most child drownings happen during a brief lapse in supervision.
- It only takes five minutes under water for a person to have brain damage, a cardiac arrest, or die.
- June is Great Outdoors Month
- Outside play is free and it's part of a healthy lifestyle.
- U.S. Dept of Agriculture estimates over 1 million people visit a farmers' market weekly.
- At most supermarkets, 7–14 days can go by between the time produce is picked and when it becomes available to shoppers. In that time, fruits and vegetables travel an average of more than 1,200 miles.

*cdc.gov, daysoftheyear.com, seattlechildren.org, USDA*

### Quotable Quotes

To my children:

“Never make fun of having to help me with computer stuff. I taught you how to use a spoon.”

– Unknown

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- Food Funny

## Let's Visit the Farmers' Market!

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new food is an experience that awakens all the senses. Buy something that's new to you and the children. When they are not too busy, the farmers are great resources for favorite ways to prepare their produce.

### What's in Season

With the advent of the modern supermarket importing food from half a world away, children have become less and less aware of the seasonality of foods. Strawberries in January, that's just not natural (unless you only shop at the supermarket!) Learning that different produce grows at different times of the year can help children understand why foods taste better at certain times of the year.

### How Buying Local is Environmentally Friendly

With understanding of seasonality comes an understanding of the impact of transporting food long distances. Typically, food at the grocery store travels an average of 1200 miles to get from the farm to your table. From the extra packaging required, to the fossil fuels used for shipping that's a big environmental impact! When you shop for locally grown food you are doing your part to help our environment.

### Benefits of Supporting Local Commerce

Buying directly from the local farmer not only supports the grower's family, it also eliminates the middleman and reduces packaging and shipping costs. Without this and the overhead of rent and salaries, farmers can often charge lower prices for the produce you love. Buying local also supports your local economy by keeping dollars in your community.

### There are Different Methods of Farming

Pesticides, fertilizers and genetic modification are just some of the unconventional tools used in big, modern agriculture to ensure the highest yield of food from the land. Ultimately, these chemicals can end up in your body. Not all small farmers at the Farmers' Market may be able to afford the organic certification, so if you don't see the Organic sign, talk to them about their farming



practices. They will likely explain the methods that allow them to grow food without pesticides and chemical fertilizers.

### How to Help in Planning and Preparing a Meal

Children can help make the fruits and vegetables the stars of the meal and plan for what other grains and side dishes will complete the meal. From filling a basket with produce, washing the produce, planning the menu, trimming and chopping, setting the table and cleaning up, children learn every step of the way when involved in meal preparation.

A weekly Farmer's Market visit is a great way to spend time together and the children will have so much fun they'll hardly realize they are learning. Appreciation for where and how food is grown is an important first step toward more adventuresome eating. How great is it to meet someone doing something as important as growing your food! And when you buy local, you are buying delicious food at the peak of freshness and packed with nutrients.

— Donna Green

## KIDS' HEALTH & SAFETY

# Water Safety

Drowning can be silent and quick, and it kills nearly 1,000 children every year. Drowning is the single leading cause of injury-related death among children ages 1 to 4. Water doesn't have to be deep to be dangerous. Babies can drown in as little as just 1 or 2 inches of water.

Babies and children are drawn to water and quickly discover the fun of splashing it. To protect against potential water hazards here are some tips from the American Academy of Pediatrics (AAP):

### WATER SAFETY STARTS AT HOME

Start thinking about your baby's safety around water as soon as you bring her home. Infants' movement and motor skills develop at an amazing and often unpredictable speed. It's hard to know exactly when infants will start to roll over, crawl, etc. The key to keeping them safe is to stay one step ahead.

### BATH TIME BASICS

For new parents, practicing water safety often begins with baby's first bath. Most child drownings inside the home occur in bathtubs and more than half of bathtub deaths involve children under 1 year of age. Infant tubs and bath seats can easily tip over or children can slip out of them. When your baby is in water, always use "touch supervision". Have a towel and other bath supplies within reach so you can keep a hand on your baby at all times. If you forgot something or need to answer the door, bring your baby with you.

### WATER SAFETY IN THE BATHROOM

Beyond bath time, protect your baby from other bathroom water hazards. Help prevent drowning by:

- Put toilet lids down. Install safety latches or locks on all toilet seat lids.
- Pull the plug on the tub. Consider removing the bath tub drain plug when it's not in use to avoid the tub filling if a child turns on the faucet.
- Keep the bathroom door closed. As an added layer of safety, use safety latches or door knob covers on bathroom doorknobs.



### SECURE SWIMMING POOLS

Swimming pools, including large, inflatable above-ground pools and other temporary pools, should be completely surrounded by a fence on all 4 sides.

Pool fences should be at least 5 feet high and have no opening between slats more than 4 inches wide. They should completely separate the pool from the house and have a self-closing, self-latching gate that opens away from the pool, with the latch at least 54 inches from the ground.

Check the gate frequently and keep it locked at all times. Keep toys out of the pool area when not in use so that children are not tempted to try to get through the fence. Also cover and lock spas when not in use.

### MORE WATERS DANGERS

Beware of other outdoor water hazards including wells, ditches, fountains and ponds.

Whenever not in use empty any water from containers such as:

- large water bowls for pets
- buckets used for cleaning or painting
- coolers with melted ice
- wading pools

The AAP also recommends:

- Never leave children alone or in the care of another child while in or near bathtubs, pools, spas or other open water.
- When infants or toddlers are in or around the water, a supervising adult with swimming skills should provide "touch supervision."
- Even with older children and better swimmers, the supervising adult should not be engaged with other distracting activities.

— Adapted from *healthychildren.org*

## Lemon Rice

|   |                 |   |                |
|---|-----------------|---|----------------|
| <b>Butter</b> .....                           | <b>2 Tbsp</b>   | <b>Garlic, minced</b> .....             | <b>1 clove</b> |
| <b>Shallot or onion, finely chopped</b> ..... | <b>1</b>        | <b>Thyme, fresh, chopped</b> .....      | <b>2 Tbsp</b>  |
| <b>Brown rice</b> .....                       | <b>1½ cups</b>  | <b>Lemon juice</b> .....                | <b>2 Tbsp</b>  |
| <b>Vegetable stock</b> .....                  | <b>3 cups</b>   | <b>Lemon, zested</b> .....              | <b>1</b>       |
| <b>Salt and pepper</b> .....                  | <b>to taste</b> | <b>Red chili flakes, optional</b> ..... | <b>½ tsp</b>   |
| <b>Olive oil</b> .....                        | <b>2 Tbsp</b>   |   |                |

1. Melt butter in a large sauce pan, add onion and cook until tender.
2. Add the rice and cook stirring for 3 minutes. Add the stock, salt and pepper and bring to a boil. Cover and simmer on low heat until the broth is absorbed and rice is tender, about 45 minutes. Let stand, covered for 10 minutes. Fluff with a fork.
3. In a skillet, heat oil, garlic, thyme and chili flakes over medium heat for 3 minutes.
4. Remove from heat and add lemon juice and zest. Toss with cooked rice and serve.

Yield: 6 servings

Meets requirement for whole grain-rich

## Roasted Spring Veggies

|  |                 |
|--|-----------------|
| <b>Cauliflower</b> .....                   | <b>1 pound</b>  |
| <b>Asparagus</b> .....                     | <b>1 pound</b>  |
| <b>Peas, fresh or frozen, thawed</b> ..... | <b>½ cup</b>    |
| <b>Olive oil</b> .....                     | <b>¼ cup</b>    |
| <b>Salt and Pepper</b> .....               | <b>to taste</b> |

1. Clean, trim and cut cauliflower and asparagus into bite size pieces and pat dry. Heat oven to 400°F.
2. Toss cauliflower with 2 Tbsp olive oil, salt and pepper. Spread on a roasting pan and bake 10–15 minutes. Toss asparagus with remaining 2 tbsp of oil, salt and pepper. Add asparagus to pan of cauliflower, stir and continue to bake for an additional 10 minutes or until tender. Sprinkle with peas and bake one minute more.

Yield: 10 servings

Meets requirement for vegetable

## ACTIVITY CORNER

### June is Great Outdoors Month

**IN CELEBRATION**, get outside and enjoy 3 fun activities that encourage children to be naturalists:

#### Backyard Campout

Children love tents, help them embrace their inner camper by setting up an outdoor camp site. Include a tent, a sleeping bag or blanket, books and a snack and enjoy the outdoors as if on a real camping trip.

#### Explore Nature

Birds and bugs are the perfect hook for getting kids interested in nature because you can find them everywhere. Encourage exploration, and never pass up an opportunity to discover something in the natural world, including worms, flowers, seeds and rocks.

#### Create a Nature Collection

You can find small parts of nature like rocks, bark, leaves or seeds almost everywhere and starting a collection adds motivation for children to search and therefore spend time outdoors. Designate a place for displaying the collection.

— *Childmind.org, Birdsandblooms.com*

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**Food Q.** What is a pretzels favorite dance?  
**Funny A.** The Twist!