

Spotlight:

Creative Ways of Conveying Messages

Below are a few ideas for using these resources in WIC, SNAP, Child Nutrition and other programs.

Ideas for Conveying Messages for Moms of Preschool Kids

MARCH

Sometimes new foods take time. Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.

Skillet Cabbage

Ingredients
2 stalks celery
1 onion
1/2 head cabbage
1/2 green pepper
1 medium tomato
1 1/2 teaspoons vegetable oil
1/2 teaspoon salt
1/4 teaspoon pepper

Directions
Wash celery and chop into small pieces. Cut ends off of onion and peel off brown layers; chop into small pieces. Cut cabbage head in half and shred using a grater. Cut green pepper in half, remove white veins and seeds; chop into small pieces. Wash tomato and cut out core; chop into small pieces. Heat oil in a large, nonstick frying pan over medium-high heat. Add celery and onion and cook until soft, 4-7 minutes. Add cabbage, green pepper, salt, and pepper. Cook for 5-10 minutes, stirring often so cabbage wilts. Add tomato and serve immediately.
Makes 6 servings

Per serving
28 Calories
1 g Fat (57.6% calories from fat)
1 g Protein
4 g Carbohydrate
1 g Dietary fiber
0 mg Cholesterol
193 mg Sodium

Exchanges
1/2 Vegetable

Program Practice

Virginia created a calendar that paired messages with appealing photos and recipes for SNAP-Ed families.

Group Discussions

Show the short **child feeding video** in facilitated discussions, family night, staff training, or group sessions. To get the discussion started, ask moms to share their reactions to the video and share their experiences.

Ideas for Conveying Messages for Moms of Elementary School Kids



Program Practice

New Hampshire used the “They’re still growing” milk message in the newsletter that they mailed to about 36,000 SNAP households.

Connect with Parents

Integrate messages into parents meetings, one-on-one counseling and take home materials such as school menus.

Ideas for Conveying Messages for Elementary School Kids

Snack Like a super hero.
Power up with fruit and yogurt.

BE "SUPER" AT THE SUPERMARKET.

Help your family do the grocery shopping. Make your own list of the low-fat yogurt and other foods, like fruits, that keep Super Heroes strong. When you go to the store, say, "Guess what mom? I want to try something that's good for me." Or, "Believe it or not, I want to try a healthy snack." Then ask your Mom, Dad, or grandparent if you can pick out those foods yourself.

When you get home, ask if you can make your own Super Powerful Snacks, such as:

- **Muscle Popping Pops:** For a "cool snack," place your favorite fat-free or low-fat yogurt into an ice cube tray and freeze it. Grab a spoon and enjoy!
- **Super Smoothie:** In your favorite Super Hero glass, mix together plain low-fat yogurt with crushed fresh or frozen berries.



Match these words to the rap below:
 fruit, teeth, orange, yogurt, milk

HERO RAP

Now listen up and I'll be brief.
Calcium builds strong bones and _____
Vitamin C helps scratches heal.
 So grab an _____ and give it a peel.
 For muscles to grow like you've never seen,
 Drink low-fat _____ for its **protein**.
 Mix low-fat yogurt with _____ to see
 How sweet and tasty **Vitamin D** can be.
 Eat fruits and low-fat _____ each day
 For the Super Kid energy
 To keep rappin' away!



Engage Kids

Reinforce classroom lessons and other learning activities with the **kids' messages and activity sheets.**

For example, have kids complete the "Hero Rap" then ask groups of kids to perform it or to expand the wording, etc. Give gold stars to participants!

Make Interactive and Fun!

- Ask kids to use the **Trying Game** Activity to keep track of the number of fruits and vegetables they try at home during the week.
- Assign the **Track and Field Fuel Up Challenge Game** during National School Breakfast Week—have kids "Go for Gold."

Eat smart to play hard.
Eat fruits and veggies at meals and snacks.



Fruits and veggies give you energy to help you be a champion when you run and play. Eat them every day at meals, snacks, or for dessert. Ask mom or dad to help you make this recipe and share it with your family and friends. Don't have or like pineapple? Be creative! Use whatever fruits you have at home.

"THE TRYING GAME"

Have you ever tried Amazing asparagus. Exciting eggplant. Peppy peppers. Sparky sweet potatoes, or fiery mango? There are so many tasty fruits and vegetables. It's fun to see, touch, taste, and smell new ones you've never had before.

Use this chart to write about and draw the new fruits and vegetables you try. Can't think of any? Ask your family and friends to tell you their favorites and try some of those. You can even have a contest with your friends to see who is the Champion at trying new fruits and veggies.

My new fruit or vegetable	How does it taste, smell, feel?	Draw a picture of it
mango	sweet	
_____	_____	_____
_____	_____	_____

Champion's POWER Packed Snack—makes 4 servings

- 2 cups canned crushed pineapple packed in juice
- 1 cup low-fat vanilla yogurt
- 1 cup fresh or frozen berries, thawed
- 1/2 cup raisins
- 1 firm medium banana, peeled and sliced

Have fun putting a layer of pineapple, berries, yogurt, banana slices, and raisins into each of 4 glasses.

