



## Think Spring –Think Healthy Food - Think Gardening

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A garden is a great place to teach kids valuable lessons while spending enjoyable time together. Gardening can be more entertaining than any video game. Kids get a kick out of playing in the dirt, planting seeds and watching them grow. There's no better way to get kids to eat veggies than to grow their own.

**Let them choose.** While at a nursery or garden center, ask your children to pick out a few seeds or plants they want to grow. If they're involved from the very beginning, they're more likely to remain interested throughout the growing season.

**Continue in the kitchen.** Invite your children to help you make dinner by adding cut-up garden produce to a salad or soup, and let them snack on a few as you cook. Don't be surprised if they learn to love veggies.

**Put kids in charge.** Ask your child to create and name new vegetable or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

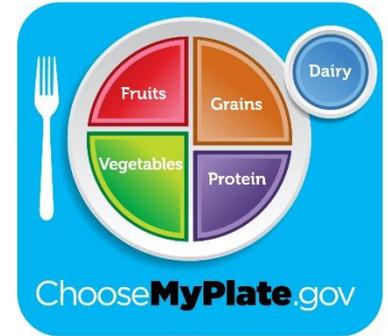
### Bugs on a Log

Use celery, cucumber, or carrot sticks as the log and add peanut butter or low-fat cream cheese. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!



#### Sources:

1. Kid-Friendly Veggies and Fruits: United States Department of Agriculture. <http://1.usa.gov/1DfRa1j>
2. Food Safety for Preschoolers: United States Department Agriculture. <http://1.usa.gov/1b5k65m>



For more information check out Food Fun for Young Children at: <http://go.unl.edu/chi>

### Hand Washing

Hand washing is one of the most important ways to keep your young child from getting sick. Toddlers & preschoolers are much less likely to get sick if they wash their hands properly. Plus, it may become a healthy habit for life!

### Make Hand Washing FUN!

Here are a few ideas:

- ☆ Sing "Twinkle, Twinkle, Little Star" or "the Alphabet Song" through while washing hands to make sure your child is washing long enough.
- ☆ Have your child pick out a special hand washing soap.
- ☆ Help your young child reach the sink easily by placing a stool in front of it for them to stand on when you are with them.