



Think Spring, Think Gardening



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 is 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 are involved from the very beginning, they are 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. Do not 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

2 celery, cucumber or carrot sticks, washed

1 Tablespoon peanut butter or cream cheese

1 Tablespoon dried fruit (raisins, cranberries, etc.)

1 pretzel stick

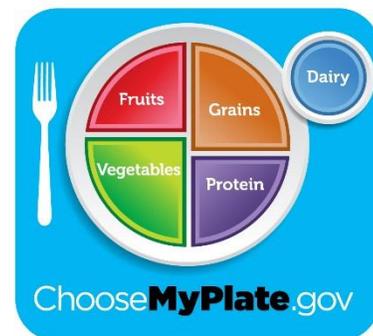
1. Wash hands with soap and water. Spread peanut butter or cream cheese on vegetable sticks.
2. Top with dried fruit and pretzel stick to create your bug!



Makes one serving that contains 119 calories, 8.2 g fat, 9.3 g carbohydrate, 1.6 g fiber, 82 mg sodium.

Sources:

1. Kid-Friendly Veggies and Fruits: ChooseMyPlate - United States Department of Agriculture. <https://bit.ly/2o0mohF>
2. Food Safety for Preschoolers: ChooseMyPlate - United States Department of Agriculture. <https://bit.ly/37qsWuh>



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.