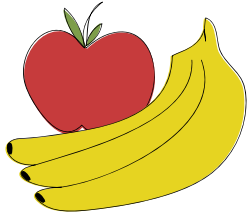


INTRODUCTION



March is National Nutrition Month, so this issue of Oregon Parenting Together encourages healthy eating behaviors, and tips for getting your children involved in the kitchen!

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

GETTING YOUR JUST DESSERTS:

Using Food for Rewards and Punishments

When your child does something good, it is understandable to want to reward them for their choices. Similarly you might want to punish your children for making bad choices. Have you ever said, "Great Job! Let's get ice-cream to celebrate?" or "If you don't clean your room, we are not going to get cheeseburgers!" If you have, you are using certain foods as rewards and punishments. This is not the best way to encourage good behavior and healthy eating. By using food as a reward or punishment children associate behavior with what they will or won't get in exchange, rather than because they feel it is the right thing to do. The American Dietetic Association recommends against using foods as rewards and punishments because it can set up bad eating habits. Studies show that adults who were rewarded or punished with food as children were more likely to grow up and binge eat unhealthy foods. For example, after a hard day at work they are more likely to treat themselves to sweets than healthy snacks. So encourage your children and support them in all their achievements, just don't reward them with an unhealthy treat for each one!



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LET'S GET COOKING!

Do you struggle getting your children to eat foods that are good for them or to try something new? Research has shown that children often need to be exposed to foods at least 10 times before they will accept that food. One great way to expose your children to new foods is to get them involved in cooking. Studies show that children are more likely to try new foods if they helped to prepare them. Cooking together is also a great time to talk to your children about why certain foods are healthy and the benefits of eating nutritious foods. For example, you can say "Did you know that carrots have vitamins that help your eyes see better?" or "Milk has calcium which helps your body build strong bones!" It might seem like a lot of work to get your children involved in the kitchen, and it can take some extra prep work in the beginning. However involving your children early will not only expose them

to new and healthy foods but will also help your children develop skills they will need as adults! So, let's get cooking together!

FUN WITH YOUR KIDS!

Make Three Ingredient "Ice-Cream" Together!

Recipe adapted from www.thekitchn.com/

- 2 Ripe Bananas
- 2 Tbsp of Peanut Butter or Peanut Butter Substitute
- 2 tsp of Cocoa Powder

1. Peel the Bananas.
2. Have your child slice bananas into coin shapes using a plastic knife
3. Freeze bananas for at least an hour
4. Place frozen bananas in a food processor or blender. Have your child press the button until bananas are whipped
5. Have your child add the peanut butter and cocoa powder. Blend again until well mixed.
6. "Ice-Cream" is ready to eat! You can also freeze it for a while if your family prefers a harder "ice-cream." Add to the fun by trying different mix-in items!



Find your local parenting resources at:
<http://orparenting.org/>



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