



Official Newsletter of WIC Worksite Wellness

A FOOD GUIDE FOR KIDS

Caitlin Arakaki and Breyanna Collier

Food plays a significant role in your child's health and mood. As parents, it is important to promote a positive relationship with food to our children because all foods provide energy and fit in a healthy diet. To learn how to do this, here are 5 helpful tips:

1. **Use non-food rewards/punishment:**

Using food as motivation can cause kids to place rewarded food above non-rewarded food. (1) Instead, try these [non-food motivations](#). (2)

2. **Allow kids to form their own opinions on food:** Teach them that all food has a place in a healthy and balanced diet. (3)

3. **Let kids decide the amount of food they eat:** Let them honor their hunger cues. It will teach them to listen to their bodies and eat intuitively. (1)

4. **Cook as a family:** Get kids involved in meal planning. It is a perfect opportunity to teach them about food groups and how to create a balanced meal. (4)

5. **Be a positive role model:** Modeling healthy behaviors includes having regular mealtimes, eating well, and being active. (5) This can influence children to adopt these behaviors for themselves.



FAMILY BONDING TIME IN PHYSICAL ACTIVITY

Christine Tran, B.S.

Did you know doing physical activity together as a family is a great way to bond and set lifelong healthy behaviors for your children? (6,7) Parents help kids be more physically active by supporting them, being active with them, role modeling, and providing activities to do with them. (7,8,9) To learn how to stay active with your family, check out these tips below:

- **Have family walking time with games** such as Pokemon Go, I Spy, or nature trivia (10)
- **Walk or play at parks and playgrounds**
- **Go hiking**
- **Explore neighborhoods and [outdoors](#)**
- **Play sports together** (11)
- **Dance to music together**
- **Create a [treasure hunt](#)**
- **[Family yoga](#)**
- **[Stargazing](#)**
- **Go Swimming** (11)

For more activity ideas, click [here](#).

VEGGIE PITA-PIZZA NIGHT

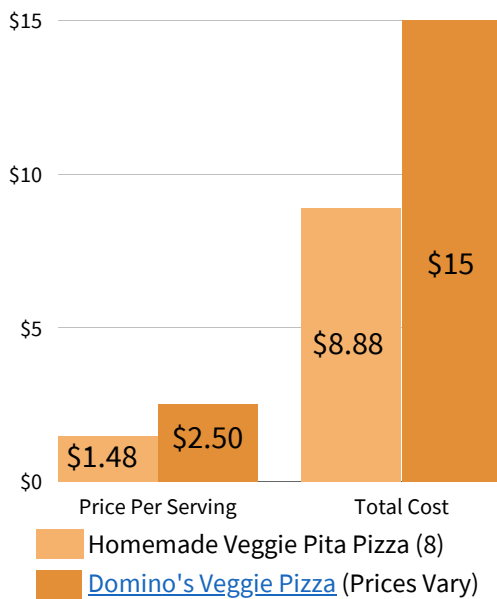
Anna Clancy, Anna Compagno & Kalia Firmage



Dinner can be difficult when kids go through a "picky eating" phase. This fun and easy pita-pizza recipe, however, is perfect for them. By involving your kids in making the recipe, e.g., adding their favorite pizza toppings, they will be more likely to eat it. In addition, your children can get creative and make funny veggie pizzas to keep everyone smiling.

This recipe contains many health benefits like fiber, antioxidants, minerals, and vitamins! Fiber helps with digestion and feeling full longer (12), while the other three nutrients keeps your immune system happy and healthy (13,14).

PRICE COMPARISON



Total time: 25 minutes **Prep Time:** 15 minutes **Servings:** 3

Ingredients:

- 3/4 teaspoon of dry or fresh oregano
- 1/2 large garlic clove
- 1/2 15 ounce can of low sodium tomato sauce
- 1/2 package of whole wheat pita
- 1/2 cup of low fat shredded mozzarella cheese
- 1/2 small bell pepper, diced
- 1/2 small zucchini, sliced
- 1/2 2.26 ounce can of black olives
- 1/4 cup spinach



Instructions:

1. Preheat oven to 425 ° F.
2. Combine oregano, garlic, and tomato sauce in a small bowl.
3. Coat the top of the pita with two teaspoons of sauce mixture.
4. Sprinkle two tablespoons cheese on top of pita
5. Decorate with bell pepper, zucchini, black olives, or spinach. Try adding at least two different kinds of vegetables to each pizza.
6. Place pizzas on baking sheets.
7. Place pizza in the oven (Parents only please!).
8. Bake for 10 minutes.
9. Let pizzas cool for three minutes and enjoy.

NUTRITION FACTS

Per 1 Pita Pizza (15)

- Calories: 224 kcal
- Total fat: 7 g
- Saturated fat: 3 g
- Cholesterol: 18 mg
- Sodium: 588 mg
- Carbohydrates: 8 g
- Fiber: 2 g
- Sugar: 6 g
- Protein: 12 g

FAMILY WELLNESS RESOURCES

Janeza Bridges & Aneth Gonzalez

CA Farmer's Market



Farmer's markets are a great place for the entire family to have fun while tasting fresh and local produce! There are numerous farmer's markets offering free food samples, competitive prices, and seasonal produce.

Click [here](#) to find one near you!

Chop Chop Magazine



This [magazine](#) has many resources for engaging your family in nutrition-related activities in the kitchen such as cooking and meal planning. The magazine can also help your family eat healthier, while supporting the practice of cooking and eating together!



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

REFERENCES

1. Weintraub, L. A. (2019, January 17). Nutrition: How to create a healthy relationship with food for your children. Daily News. Retrieved August 9, 2022, from <https://www.dailynews.com/2019/01/17/nutrition-how-to-create-a-healthy-relationship-with-food-for-your-children/>
2. Weisenberger, J. (2021, February 12). Say "yes!" to non-food rewards. EatRight. Retrieved August 26, 2022, from <https://www.eatright.org/health/wellness/healthy-aging/say-yes-to-nonfood-rewards>
3. Regan, A. (2022, January 28). How to help your child develop a healthy relationship with food. CHOC. Retrieved August 9, 2022, from <https://health.choc.org/how-to-help-your-child-develop-a-healthy-relationship-with-food/>
4. Enns, K. (2020, May 25). 5 tips for helping kids develop a healthy relationship with food. Crisis and Trauma Resource Institute. Retrieved August 9, 2022, from <https://ca.ctrinstitute.com/blog/5-tips-for-helping-kids-develop-a-healthy-relationship-with-food/>
5. Loth, K. (2022, March 30). Support kids in developing a healthy relationship with food and body " what to say. What to Say. Retrieved August 9, 2022, from <https://www.whattosaynow.org/supporting-kids-relationship-food-body/>
6. Korcz, A., Krzysztozek, J., Łopatka, M., Ludwiczak, M., Górski, P., & Bronikowski, M. (2020). The role of family time together in meeting the recommendation for physical activity among primary school children. International Journal of Environmental Research and Public Health, 17(11), 3970. <https://doi.org/10.3390/ijerph17113970>
7. O'Connor TM, Jago R, Baranowski T. (2009). Engaging parents to increase youth physical activity a systematic review. American Journal of Preventive Medicine, 37(2):141-9. <https://doi.org/10.1016/j.amepre.2009.04.020>
8. Jago, R., Fox, K. R., Page, A. S., Brockman, R., & Thompson, J. L. (2010). Parent and child physical activity and sedentary time: do active parents foster active children?. BMC Public Health, 10, 194. <https://doi.org/10.1186/1471-2458-10-194>
9. Edwardson, C. L. & Gorely, T. (2010). Parental influences on different types and intensities of physical activity in youth: A systematic review. Psychology of Sport and Exercise, 11(6), 522-535. <https://doi.org/10.1016/j.psychsport.2010.05.001>
10. Bumgardner, W. (2022). Taking fun walks with your kids. <https://www.verywellfit.com/fun-walking-with-kids-3436010>
11. Pawlak, L. (2022). Workouts you can do with your whole family. <https://www.healthdigest.com/746100/workouts-you-can-do-with-your-whole-family/>
12. Sarah Garone, NDTR. (29 Sept 2020). Whole Wheat Bread Nutrition Facts and Health Benefits. Verywell Fit. Retrieved August 9 2022 from <https://www.verywellfit.com/whole-wheat-bread-nutrition-facts-and-health-benefits-5069803#:~:text=Whole%20wheat%20bread%20is%20made,less%20processed%2C%20more%20nutritious%20bread,>
13. Florida Tomato Committee (28 Jan 2013) 10 Reasons Why You Should Be Eating More Tomatoes: Florida Tomato Committee. Retrieved August 9, 2022 from <https://www.floridatomatoes.org/news-events/10-reasons-why-you-should-be-eating-more-tomatoes/>
14. Bjarnadottir, Adda. (25 Mar 2019). Tomatoes 101: Nutrition Facts and Health Benefits. Healthline, Healthline Media. Retrieved August 9, 2022 from <https://www.healthline.com/nutrition/foods/tomatoes>
15. Chronometer. (n.d.). Track nutrition & count calories. Retrieved August 10, 2022 from <https://cronometer.com/>