

Tips for Parents of Preschool Children



is for Corn

Produce Tips

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.

Reference:

Harvest of the Month. <http://www.harvestofthemonth.com/>

Nutrition Facts

Serving Size: 1/2 cup corn (82g)

Calories 89	Calories from Fat 9	% Daily Value
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 21g		7%
Dietary Fiber 2g		9%
Sugars 3g		
Protein 3g		
Vitamin A 4%	Calcium 0%	
Vitamin C 9%	Iron 3%	

Source: www.harvestofthemonth.com

Recipe

CORN AND GREEN CHILI SALAD

Makes 4 servings. ¼ cup per serving.

Ingredients:

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation:

1. Combine all ingredients in a medium bowl.
2. Mix well and serve.

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

Recipe from:

Everyday Healthy Meals. *Network for a Healthy California*. <http://www.cachampionsforchange.net/en/docs/Lunch/Corn-and-Green-Chili-Salad.pdf>



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Children need to be shown a variety of fruits and vegetables at an early age.

- Encourage them to eat different colored fruits and vegetables.
- Take them to the supermarket. Ask them to help you choose new fruits and vegetables to try.
- Tell them you are proud when they try a new fruit or vegetable.

Family Activity

Walking is a simple way to add physical activity into your daily life. It is also a great family activity.

- Walk with your child while he/she bikes alongside you.
- Park your car far away from where you are going and walk the extra distance.
- Walk with family members or the dog daily at a different pace each day (slow, brisk, fast, backwards).