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Issue 30

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The Little Sprouts Report: Revitalize Your Child's Tastebuds

Spring is bursting with new life, and it's the perfect time to nurture healthy eating habits in our little sprouts. The goal is to focus on revitalizing those tastebuds and introduce a rainbow of fresh, seasonal flavors. Embrace the deliciousness of spring with your child!



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 **TENNESSEE
STATE UNIVERSITY**
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WITHIN YOUR BUDGET



Let's make this spring a season of delicious discoveries for our little sprouts!



SHOP: Spring's Flavorful Fun

A Kid-Friendly Guide to Seasonal Produce

From sweet strawberries to crisp snap peas, spring offers a treasure trove of delicious and nutritious options. Explore kid-friendly ways to introduce these vibrant foods.



Apricots

Apricots are smaller cousins to the peach, nectarine, plum, and almond. Prepare them grilled, dried, seasoned, or allow your child to eat them like an apple!

Source: Adapted <https://www.montana.edu/extension/nutrition/nutrition-cooking-culture/food-fact-sheets/apricots.html>



Asparagus

Don't let its funny shape scare you. Asparagus can be enjoyed in many ways. Pair with celery and carrots to enjoy a tasty dip. A quick grill or roast in the oven also makes asparagus a big hit.

Source: Adapted <https://www.aces.edu/blog/topics/health-nutrition-urban/tasty-spring-produce/>



Raspberries

There are many uses for raspberries. Use them in baked goods, blender drinks, fresh with milk and sugar, in sauces, over desserts, or just eat them as is. Of course, making jams is a sure fire way to enjoy them.

Source: Adapted <https://extension.umaine.edu/publications/4267e/#:~:text=Wash%20raspberries%20before%20using,,just%20eat%20them%20as%20is.>



Bell Peppers

To encourage your child to eat bell peppers, try offering them in various forms, like raw strips with dips, chopped into meals, or roasted, and be patient, as it may take multiple exposures for them to accept a new food.

Source: Adapted from <https://njaes.rutgers.edu>



Explore more in season Fruits and Veggies! Want to introduce more in season fruits and veggies to your little sprouts? Click [**HERE**](#) to discover the entire list for all seasons!

YUM!



COOK: Spring-Inspired Delights

We're sharing quick, easy, and kid-approved recipes that highlight the flavors of spring.



Tasty



STRAWBERRY AND SPINACH SMOOTHIE

WHAT YOU NEED:

- 1 cup frozen banana
- 1 cup strawberries
- ½ cup frozen pineapple
- 3 cups baby spinach

WHAT TO DO:

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Rinse and dry all produce before use.
3. Rinse and scrub all produce.
4. Blend together banana, strawberries, pineapple, 2 cups of spinach and one cup water until smooth.
5. Add one more cup of spinach.
6. Pour and serve cold.
7. Enjoy!

DELIGHTFULLY DELICIOUS



SOURCE: <https://www.canr.msu.edu/recipes/green-smoothie>

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Try this **Veggie Fritters** recipe. It is a tasty way to add vegetables into snack time!



EAT: Tastebud Adventures

Engaging Activities for Little Food Explorers

Making food fun is key! Discover these interactive games and activities to encourage your children to try new tastes.



Food Art: Arrange food into fun shapes, faces, or scenes on their plate. Use cookie cutters or simple knife skills to make vegetables look like stars or sandwiches like animals.



Blind Taste Tests: Have the child close their eyes and try small samples of different foods. Ask them to describe the taste, texture, and smell. Make it a guessing game!



"Two Bites Club": Encourage them to take at least two bites of a new food. Celebrate their effort, regardless of whether they like it.



Storytelling: Create fun stories about the food, where it comes from, or the adventures it might have had.



"Color Challenge": Try to eat a rainbow of fruits and vegetables each day, focusing on introducing a new color each week.



Don't Pressure: Pressuring a child to eat can create negative associations with food. Offer the new food without making a big deal out of it.



ACTIVATE: Spring Into Action

New Food Bingo

This "New Food Bingo" game can be a playful way to introduce variety into your child's diet and encourage them to step outside their comfort zone when it comes to food. Good luck and have fun!

NEW FOOD BINGO

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Instructions: With the help of your child, select five new foods you'd like your child to try for each week. Include a variety of textures, colors, and food groups. When your child tries a bite or two of a food on the card, they get to mark that square with a sticker, crayon, or marker. Decide on the bingo pattern(s) that will earn a reward. This could be a single line (horizontal, vertical, or diagonal), four corners, or a full blackout. When they get four in a row, everybody holler out **BINGO!**



MOVE: Spring Spotlight

Growing Together

Involving and encouraging your child to garden not only teaches them about plants; it cultivates healthy habits, physical active, and a lifelong appreciation for nutritious foods. Check out these tips to keep your child active in the garden.



Grow Together



Make it Their Own Space: Designate a small area or even a container as their personal garden. This sense of ownership will make them more invested.



Make it a Game: Turn tasks like weeding into a competition ("who can find the most weeds?") or a treasure hunt.



Harvesting Rewards: Make harvesting a celebration! Let them pick the ripe produce and enjoy the fruits (and vegetables) of their labor.



Connect to Cooking: Use the harvested produce in family meals. Let your child help wash, prepare, and cook what they've grown. This reinforces the connection between gardening and healthy eating.

Contact your local TSU County Educator for Nutrition Education classes near you!

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