

## Boost Nutrition in Your Menu



**Dark green vegetables** - Use romaine lettuce, spinach, kale and broccoli instead of pale green vegetables like iceberg lettuce, cucumber, and celery.

**Colour your menu orange** with sweet potato, carrots, squash, pumpkin, apricots, and cantaloupe for a blast of beta-carotene. Try making homemade sweet potato fries. Canned pumpkin or cooked sweet potato tastes great in soup, muffins, cookies, pancakes and even smoothies!

**Berries** - Fresh or frozen. Serve whole at snack time. Add to smoothies, salads, yogurt, muffins and pancakes.

**Frozen vegetables** - Add a handful to soups and pasta dishes. Serve kid approved frozen peas when you need a fast no prep vegetable!

**Use whole grain products** - bread, tortillas, pitas, English muffins, bagels and crackers. Look for the words 'whole grain wheat flour' on the ingredient label. Try quinoa, brown rice, barley or whole wheat couscous.

**Hot cereal** - Make with milk instead of water and add nutritious extras like chopped dried fruit, chopped nuts, wheat germ or ground flax.

**Cooked milk pudding** is a good source of calcium unlike individual pudding cups. It also has a lot less sodium than instant pudding.

**Beans and lentils** - Add to soups, chili, burritos, wraps, dips and use pureed lentils and beans in baking for a great boost of iron and fiber. Canned chick peas are a quick and easy finger food. Just rinse well and serve.

**Salmon** - Try kid friendly salmon patties/nuggets, salmon melts or salmon noodle casserole (instead of tuna) for an excellent source of omega-3 fats.

**Eggs** - Not just for breakfast! Omelets, scrambled eggs, hardboiled egg, and egg salad, offer a quick source of protein and iron that is budget friendly.

## Crispy Kale Chips

Preheat oven to 350° F (180° C).  
Line a non-insulated cookie sheet with parchment paper. Remove the leaves from the thick stems and tear into bite size pieces.  
Wash and dry thoroughly.  
Drizzle kale with olive oil and sprinkle with a little salt.  
Bake until the edges brown, 10 to 15 minutes.



## Did you know?

Canada's Food Guide recommends eating at least one dark green and one orange vegetable each day. Aim to have vegetables from at least one of these colours on your menu each day.



## Savoury Sweet Potato Fries

Preheat oven to 450° F (230 ° C). Peel potatoes and cut into fries. Transfer fries into a mixing bowl or a clean plastic storage bag. Add a few table-  
spoons of olive oil, enough to lightly coat the fries. Season with a bit of salt, pepper, and spices of your choice. Mix or shake to distribute evenly.

Arrange fries in a single layer on a non-stick baking sheet. Don't overcrowd.

Bake for 15 minutes, then flip the fries. Bake for 10 to 15 more minutes, until the fries are crispy and browned.

## Need more ideas?

See the Interior Health website for additional resources including Food Flair (a manual for child care providers containing food activities, feeding tips, and recipes).

[www.interiorhealth.ca/childcarefood](http://www.interiorhealth.ca/childcarefood)