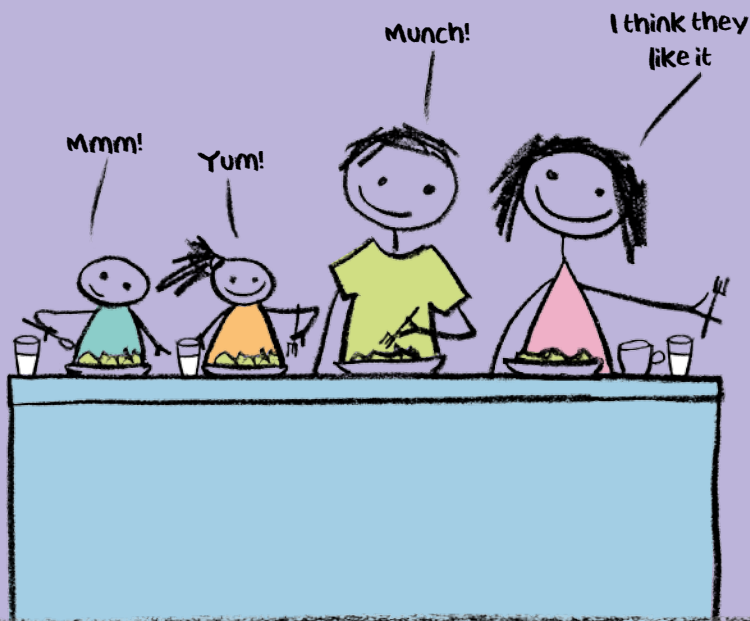


Enjoy healthy food with your family



HEALTHY START

HS1054YRS

Dealing with fussy eaters

Do you despair when your little one refuses to eat? Don't worry – we've got lots of tips to help take the misery out of mealtimes!

All children kick up a fuss at mealtimes occasionally, so don't get upset if your toddler is difficult at the dinner table. The trick is not to let food become a battleground. Here are some tips to help:

1 Make sure you are giving them Healthy Start children's vitamin drops alongside a variety of foods to help make sure they are getting all the nutrients they need.

2 Never force-feed your child. As long as your child is growing well and gaining enough weight, their fussiness shouldn't be an issue.

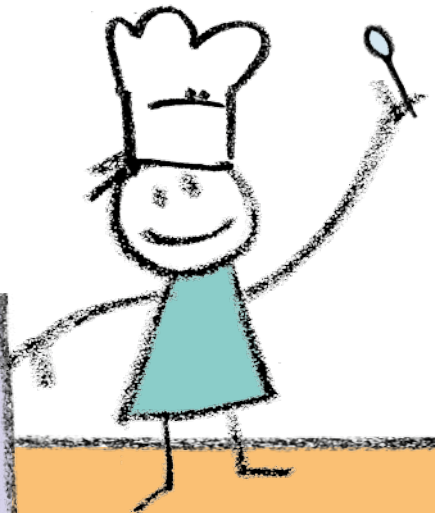
3 Make mealtimes fun by involving your child in the shopping and cooking. Let them help measure out ingredients, wash or choose the veg.

4 Get creative – arrange food on the plate as a smiley face, or cut vegetables into their favourite shapes!

5 Set a good example by eating at regular times, having a balanced diet and finishing the food on your plate – children often copy the eating habits of their parents.

Make food fun

Get your children involved in the food they eat. Growing some herbs or tomatoes in a grow bag needs only a little space but can be a lot of fun. Get them to help water the plants and pick the results!



Waste not, want not

Every year 8.3 million tonnes of food is thrown away by households in the UK. If you are fed up of throwing food away, here's some help:

- Storing food correctly will help keep it safe and stay fresh longer. Keep the fridge below 5°C.
- Keep an eye on the use-by dates of food in your fridge. If you don't think you'll get round to eating or cooking it in time, pop the food in the freezer before its use-by date.
- Eat soft fruit first and keep the bananas separately as they can make other fruit ripen too fast!
- Freeze your leftovers in an air tight container for a quick meal another time. Remember, it's best not to defrost and refreeze food more than once, so freeze leftovers in individual portion sizes so that you can defrost each portion as you need it.
- Make sure you use foods within 24 hours of defrosting.



For more help on food storage and yummy ways to use leftovers see www.lovefoodhatewaste.com

Top tip!

Got lots of apples waiting to be eaten? Chop them up and cook with a little water for a delicious apple purée. Just add on top of porridge or mix with yoghurt for a tasty treat!

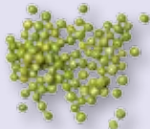


What's good to buy now and what's coming into season next?

Get ahead of Mother Nature with our handy guide to what fruit and veg is in season:

May/June

Strawberries, peas, spinach, spring onions, Savoy cabbage, broccoli



Next issue – what you really think about Healthy Start

We asked you all the things you like (and don't like!) about Healthy Start. In next month's issue we'll reveal all!

www.healthystart.nhs.uk

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits or JobCentre Plus straightaway. That way, you'll keep getting the right amount of Healthy Start vouchers.