

Healthy Start Sampler

Growing happier, healthier children in early learning environments

NUMBER OF HEALTHY START CENTRES: 116

Family in motion Day 2015

Healthy Start/Départ Santé was more than happy to partner with the Saskatchewan in



motion team to be an organization to host Family in motion Day on February 16, 2015. École canadienne-française (Elementary School) generously lent their beautiful gymnasium to host a circuit of LEAP™ HOP activities along with a gigantic sponge war for all the families in attendance.

Using our APE (Active Play Equipment) Kits we did **Wiggly Ribbons**, **What time is it Tricky Wolf?**, **Follow the trail**, **Hit the Target**, **Knock Down**, **Hot Potato**, **Laundry basket ball** and **Parachute lift off**. These are all LEAP BC™ activities that you can experience with Healthy Start/Départ Santé! All of these activities can entertain your children, take little time to set

up, use inexpensive materials and can be enjoyed with minimal prep time. They increase your heart rate as well!

In total, there were over 50 parents, caregivers and children, who were treated to a variety of goodies from *in motion*: branded mini mitts, pens, as well as apples and water bottles. A lot of fun was had by all. Thank you to everyone for participating! Remember to keep active with your children all year long.

Legumes, a nutrition powerhouse from your pantry

What are they?

Legumes or lentils are part of the legume family along with dry beans, dry broad beans, dry peas, chickpeas and many others. They can be purchased in either a dry form or canned.

How do you cook them?

1. Dry form:

- The majority of pulses need to be soaked before cooking (sometimes overnight or at least for 12 hours). Lentils and some varieties of peas do not need to be soaked before use.
- Cooking times vary depending on the variety of pulse (approximately 20-30 minutes for lentils up until about 1- 1 ½ hours for beans, chickpeas and dry peas).
- After cooking, pulses can be used in a variety of recipes (please see our Recipe of the Month: **Khichri** or our website www.healthystartkids.ca or www.pulsecanada.com for more

recipe ideas)

- One cup of dry pulses will give you between 2 to 3 cups cooked.

2. Canned :

- Ensure that your pulses are well-rinsed before use.

Tips to appreciate lentils more

- Start off eating small amounts to adjust your digestive system to a new food group;
- Avoid eating other high fiber foods that cause gas at the same time as pulses (broccoli, cauliflower, bananas, raisins, citrus, apples or prunes, etc.);
- Try not to use the same water that you used to soak the dry lentils or pulses for cooking;
- Make sure to thoroughly rinse canned lentils or pulses before using them.

Did you know?

- Canada is the largest exporter of lentils in the world, chickpeas and peas in particular.
- In 2012, Saskatchewan farmed 96% of lentils, 90% of chickpeas and 70% of dry peas in Canada.
- The United Nations declared 2016 as the "International Year of Pulses."

*Reference: Saskatchewan Pulse Growers, www.saskpulse.com



References :

Agriculture and Agri-Food Canada. *Pulses and Special Crops – Canadian Industry*. Accessed from <http://www.agr.gc.ca/eng/industry-markets-and-trade/statistics-and-market-information/by-product-sector/crops/pulses-and-special-crops-canadian-industry/?id=1174420265572>

Nos petits mangeurs. *Légumineuses 101 : les apprivoiser, les acheter et les conserver*. 15 October 2013. Accessed from <http://www.nospetitsmangeurs.org/legumineuses-101-les-apprivoiser-les-acheter-et-les-conserver/>

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Let's make: Khichri*

*Reference: LEAP Food Flair, Legacies Now, p. 167.

What you need:

- 1 cup basmati or long grain rice
- ½ cup small yellow lentils
- 1 potato, diced
- 1 carrot, diced
- 1 cup chopped cauliflower
- 1 cup peas
- 1 tsp. salt
- 1 ½ tbsp. non-hydrogenated margarine

How to:

1. Wash rice and lentils together a few times until the water is clear. Soak for at least



2. an hour or overnight.
2. Wash rice and lentil mixture one more time and place in a large pot to boil with three or four cups of water.
3. Once the mixture boils, add vegetables and salt. Lower heat to medium and cook for about 25 minutes, until soft. Add more water if needed.
4. Remove from heat and add margarine.

Serves four to six children.



Healthy Start@Home

Making Meal Preparation a Family Affair!

Nutrition Month may be over but we are always thinking of how to incorporate new ideas into our daily routines. Looking back at March we thought we would highlight some of the great ideas we came across! This year's theme was 'Eating 9 to 5' and was geared towards helping Canadians eat healthier while at work or school. Eating well while at work is important, but it can be really tough because of time pressures, stress, unhealthy food options in restaurants, commuting, and junk food in the workplace. It's no surprise that 45% of Canadians say that eating healthy meals and snacks while at work is challenging.

Sometimes it takes a team! Taking a bit of time in the evenings or weekends (or during the day if you work night shifts) to prepare meals and snacks in advance can make getting ready for work a lot easier. If you have children, recruiting them to help with preparing lunch and snacks can be a real win-win: children gain food skills and you gain helpers.

Some tips:

- Get the children to help with tasks that are appropriate for their developmental stage. For example, it might be a good idea to ask toddlers to help with simpler tasks like washing and tearing lettuce or putting paper cups into muffin tins.
- Good tasks for preschoolers may include mashing cooked potatoes or



removing the shells from hardboiled eggs.

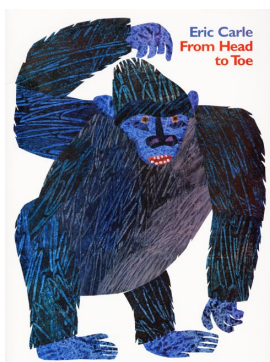
- Older children can help by using simple kitchen equipment with supervision e.g. grating cheese or using the toaster.
- Cut up a large batch of vegetables in advance for the week.
- Keep nutrient-rich snacks in ready-to-go containers that kids can easily grab to assemble their own food e.g. cut-up veggies, nut-free trail mix, whole grain crackers, cut-up cheese.

For more tips, check out the 2015 Nutrition Month website at <http://www.nutritionmonth.ca/>

References:

Dietitians of Canada (2014). Ipsos Reid Poll Results.
EatRight Ontario (2015). Cooking with Kids of Different Ages. Retrieved from <http://www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx#.VPjXvOFUUDY>

Active Books in your Library



From Head to Toe by Eric Carle is a great book to teach children how to imitate animal movements, as well as learn how to wriggle, jiggle, and giggle along. After reading the book together, take some time to practice these new skills. **My Friend Beanie** from *LEAP HOP* on page 58-59 is an activity that develops movement skills, as well as new ways to balance a bean bag on different parts of the body. You can even make your own bean bags

from scratch with only scissors, balloons, a funnel and birdseed, dried beans, shell grit or popcorn, page 137.



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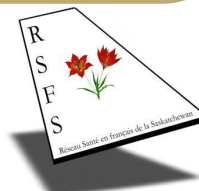


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