

Healthy Start Sampler

Growing happier, healthier
children in early learning
environments

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Cree-ative Centre Aboriginal Headstart, Family Wellness Programs

Southend, SK is the furthest north we have ever done a Healthy Start/ Départ Santé training to date! The people are so friendly up in this small secluded community on the southern tip of the massive Reindeer Lake. This northern community shared examples of the widest and wildest healthy diets from the land that has ever been shared with Healthy Start/ Départ Santé. Fresh foods like wild blueberries, cranberries, strawberries, raspberries as well as meats like ptarmigan, caribou, moose, beaver, lynx, duck, geese, and all types of fish - just to name a few!

This centre was really big on parent engagement, like most Headstart programs, as well as the community is behind them too for making healthy habit changes. The community offers Cultural Days multiple times a year. This is a time for the community to come together and learn from Elders about how to find and prepare local foods from the land. An example is an Elder doing a demonstration of how to skin and prepare a beaver. These teachings are being passed down to the next generation-families including children and youth so they are not forgotten. All parts of the animal are used and nothing is wasted.

It is highly recommended to check out a Cultural Day in a community near you to learn more about local food from the land or, if you have a chance, take the drive up through the beautiful landscapes to the community of Southend, SK.



Healthy Start for Active Kids in New Brunswick!

We have recently brought on a new member to the HSDS team in New Brunswick! Nathanael Patriquin has been working in community development in his home province for several years now. He has joined the team as a part time coordinator rolling out a modified version of Healthy Start in New Brunswick. Healthy Start is partnering with Active Kids, an already existing program in NB to create a training opportunity that is true to both programs and provides participants with additional resources for early years learning opportunities. "Healthy Start for Active Kids" promises to be a unique learning opportunity with the practicality needed to reach more early years professionals.

The implementation of Healthy Start in New Brunswick will be delivered using the traditional in-person training method but will also introduce an online training opportunity! This online opportunity will provide educators, interventionists and daycare workers the opportunity to take free training, using a convenient and modern approach to learning. The development and coordination of the program in New Brunswick are still in progress but this opportunity promises to broaden the scope of healthy eating and physical activity in another province and beyond. We are excited to rollout this phase of the project and implement it in another province!

The Big Crunch



L'École canadienne-française participated at *The Big Crunch* on Monday the 16th of October 2017. All the students of the school along with the preschool aged children of Félix le chat Daycare were assembled in the gymnasium for a common reason; *The Big Crunch* at 11 am! Children and teachers bit in a carrot at the exact time creating a beautiful crunch!

This activity is organised by CHEP, a non profit organization that promotes healthy eating and food security in Saskatoon. All the children of participating schools bite into a carrot at 11am. The objectives of *The Big Crunch* are to promote healthy eating habits, where food comes from and Saskatchewan local farmers.

Healthy Start/Départ Santé collaborated in the purchase of local carrots. We had the pleasure to participate at this event as we share a common goal in supporting the growth of young healthy children!

Healthy Start @ Home

Need some ideas on how to keep the kids active during your Halloween party? Check out these great ideas from [Active for Life](#):

Monster Freeze Dance – Put on “Monster Mash” or other seasonal tunes. Have the children show off their silliest monster dance moves, but they must freeze in place when the music stops.

Pumpkin Bowling – Choose small pumpkins with short stem. Set up 4L milk jugs and tape off a starting line on the floor. The children are then to roll the pumpkins at the targets to see how many they can knock down. To make it extra fun, have the children decorate the bottles with stickers, markers and other spooky materials.

Musical Pumpkins – Cut pumpkin shapes from construction paper and arrange them on the floor. The children must move from pumpkin to pumpkin while the music plays, just like musical chairs. To keep children from being excluded, allow them to share pumpkins as you remove a pumpkin for each round. By the end of the game, all of the children have to squeeze onto one pumpkin!

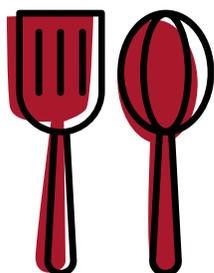
Literacy Corner

October rhymes with Halloween! And when we think about this holiday, pumpkins come to our minds. To celebrate with the children, you can create a collage or picture of things that are orange including vegetables and fruit and/or cook a healthy Halloween-themed recipe from Food Flair like pumpkin soup (p. 144), roasted pumpkin seeds (p. 145) or squashy muffins using pumpkin (p. 160). Finally, you can also sing, dance and/or recite the Pumpkin Song (to the tune of I'm a Little Teapot):

I'm a little pumpkin
Orange and round.
Here is my stem,
There is the ground.
When I get all cut up,
Don't you shout!
Just open me up
And scoop me out!



Source: http://www.decoda.ca/wp-content/uploads/Food-FLAIR-English-Book_lowres.pdf



Let's Make

Cheesy Zucchini Bites

Ingredients:

- 5 cups grated zucchini (about 3 medium or 4 small zucchini)
- 1 tsp salt
- 1 cup panko or regular bread crumbs
- 2 large eggs
- 1.5 cups grated old cheddar cheese (about 175g)

Directions:

1. Preheat oven to 375F and line a baking sheet with parchment paper. Combine zucchini and salt in a medium bowl and allow to sit for 10-15 minutes. Strain any excess water and transfer zucchini to the centre of a clean dish towel. Wrap the zucchini up and twist the towel to squeeze as much excess water from the zucchini as possible.
2. Transfer zucchini back to bowl and add panko, eggs and cheese. Mix thoroughly and shape mixture into 2 inch round disks.
3. Bake for 22-25 minutes, flipping halfway through, until golden brown. Serve warm or at room temperature.

Tips:

- Make your own bread crumbs by saving and drying out bread ends and crusts
- Get the children involved in the kitchen by grating the zucchini and cheese, mixing, measuring and forming the patties.

-  Makes 16-28 bites
-  Prep time 15 mins
-  Cook time 25 mins
-  Total time 40 mins