

Healthy Start Sampler

Growing happier, healthier children in early learning environments

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Healthy Start made history!

By Christine Gagné

Healthy Start/Départ Santé expanded its reach and trained 24 licenced childcare homes in December and January. The 37 participants from Saskatoon learned many new ways to increase healthy eating and physical activity opportunities for the young children in their care. Like all Healthy Start trainings, the workshop introduced positive mealtimes and why it's important to not label food as "good" or "bad". They also practiced the fundamental movement skills practicing activities from the LEAP™ - HOP manual. These newly minted "Healthy Start childcare homes" were quite excited to implement their skills and tools, with fresh new ideas for active play that can easily tie-in to their day!



Photo Credit: Healthy Start/Départ Santé

Literacy Corner



Nutrition Literacy – Fun facts about flour!

Did you know that 85 % of Canada's durum wheat was produced in Saskatchewan in 2015? Many varieties of grain products are offered in grocery stores. It is important to know the differences between the ingredients to make the most nutritious choice.

All grains start as whole grains. The manufacturing process changes their composition. Grains can stay whole or become refined and incomplete.

- A **whole grain** contains the 3 parts of a grain and has many nutritional benefits. It's not just wheat that can be whole, naturally there is corn, oats, barley, quinoa, buckwheat, brown rice and others.
- **100% whole wheat flour** contains the whole grain. Words to look for on the package or list of ingredients are "whole grain flour", "whole grain wheat flour with germ" or the whole grain stamp.
- **Whole wheat flour** is missing up to 5% of the whole grain. This process is often done to extend the shelf life.
- **Refined wheat flour** is the classic all-purpose white flour where 2 parts of the grain have been removed. It has fewer nutrients than whole wheat or whole grain flours.
- **Multigrain** means that the flour contains a number of grains. This does not mean that these grains are whole.

Source: [Healthy Grains Institute](#)



Let's Make

Monterey Jack and Egg Pita Pockets

Ingredients

- ½ cup pizza sauce, no salt added
- 4 eggs, cooked and scrambled
- 2 ½ cups your choice of vegetables (zucchini, bell peppers, celery, green onions, etc), grated
- 6 oz Canadian Monterey Jack, grated
- 12-15 whole wheat mini-pitas (or 4 large pitas), cut in half

Directions

1. Mix pizza sauce, eggs, vegetables and Monterey Jack.
2. Stuff pita halves with the mixture and serve along with cut fresh vegetables and dip.

Adapted from [Dietitians of Canada](#)



How to eat more whole grains at home

By Véronique Dion-Cyr, HSDS nutrition internship student

Do you think your child eats the recommended amount of whole grains every day? Canadian guidelines recommend that half of the grain products we eat in a day should be whole grains. Here are some ways to gradually increase whole grains in the diet.

In the morning, if your child likes oatmeal, this is an excellent source of whole grains! Toast or sandwiches can be made with 60% whole wheat slices to start with and then eventually, increase to 100% whole wheat. You can even make a sandwich using one slice whole wheat and the other slice white bread.

Brown rice is more nutritious than white rice. Add a little of brown rice into white rice and gradually add more brown rice. You can do this same thing with pasta.

Expose children to a variety of grains, for example, couscous, quinoa, wild rice, oats and barley can be added to soups, salads and even desserts and they are a wonderful source of fiber!

Source: [Healthy Grains Institute](#)

Photo Credit: LEAP™ Food Flair

