Ingredients:

- 1 whole wheat English muffin, halved
- 2–3 Tablespoons tomato sauce
- handful of broccoli florets, cut into small pieces no larger than ½ inch
- shredded part-skim mozzarella cheese or reduced fat cheese

Directions:

1. Preheat oven to 350 degrees.
2. Ask your child to spread a layer of tomato sauce in each English muffin half.
3. Have your child decorate the English muffin with several broccoli floret pieces cut no larger than 1/2 inch.
4. Sprinkle shredded part-skim mozzarella cheese or reduced-fat cheese over the mini pizzas.
5. Bake the mini pizzas for a few minutes until cheese is melted and the English muffin is crispy.

Safety Tips!
- Keep children away from a hot stove.
- Cut Broccoli into pieces no larger than 1/2 inch to prevent choking.

Remember:
Your children are more likely to try a new food if you try it with them!
- broccoli, either one head fresh, or one 16 oz. bag frozen
- shredded part-skim mozzarella cheese or reduced fat cheese of choice
- tomato sauce
- whole wheat English muffins
Ingredients:

- 2 pears, cored and cut into small pieces
- Part-skim mozzarella cheese or reduced fat cheese

Directions:

1. Ask your child to wash two pears under running tap water.
2. Without the assistance of your child, core pear and cut into small pieces.
3. Serve your child a snack of pears and pieces of cheese.

SAFETY TIPS!

- Never keep a knife within reach of a young child.
- Cut pears into pieces no larger than 1/2 inch to prevent choking.

REMEMBER:

Your children are more likely to try a new food if you try it with them!

SHOPPING LIST

- 2 fresh pears
- Part-skim mozzarella cheese or reduced fat cheese
For most people over the age of two, cheese lower in fat is a healthier option than regular cheese. Part-skim mozzarella and reduced fat cheese are both lower in fat and good sources of calcium. Check it out below and look for the CHILE logo at your local CHILE participating grocery store!

<table>
<thead>
<tr>
<th>Cheese</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Grams of Fat</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part-skim Mozzarella</td>
<td>1 oz</td>
<td>80</td>
<td>5</td>
<td>200</td>
</tr>
<tr>
<td>Reduced-fat 2% Cheddar</td>
<td>1 oz</td>
<td>90</td>
<td>6</td>
<td>200</td>
</tr>
<tr>
<td>Cheddar</td>
<td>1 oz</td>
<td>110</td>
<td>9</td>
<td>200</td>
</tr>
<tr>
<td>Swiss</td>
<td>1 oz</td>
<td>100</td>
<td>8</td>
<td>250</td>
</tr>
<tr>
<td>Pepper Jack</td>
<td>1 oz</td>
<td>100</td>
<td>9</td>
<td>150</td>
</tr>
<tr>
<td>Monterey Jack</td>
<td>1 oz</td>
<td>100</td>
<td>8</td>
<td>200</td>
</tr>
</tbody>
</table>
Purchasing Low-Fat Milk

For most people over the age of two, low fat milk (fat-free or 1%) is a healthier option than 2% milk or whole milk. Children under the age of two need the extra fat in whole milk. Low fat milk has less of the things that are not as good for us (fat, saturated fat, and cholesterol), but just as much of the good stuff (Calcium and Vitamin D) as whole or 2% milk. Check it out for yourself and look for the CHILE logo at your local CHILE participating grocery store!

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>Fat Free Milk (Skim)</th>
<th>1% Milk</th>
<th>2% Milk (Reduced Fat)</th>
<th>Whole Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90</td>
<td>110</td>
<td>130</td>
<td>160</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>0</td>
<td>2.5</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>1.5</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>5</td>
<td>15</td>
<td>20</td>
<td>35</td>
</tr>
<tr>
<td>Calcium (% Daily Value)</td>
<td>30%</td>
<td>30%</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin D (% Daily Value)</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
</tr>
</tbody>
</table>
Picking a healthy cereal can be tricky. When selecting cereal for your family look for cereals made from whole grains that are low in sugar. Reading nutrition labels will ensure that your family is eating healthy cereal at home. Look below for some tips and look for the CHILE logo in the cereal aisle at your local CHILE participating grocery store.

**TIP 1**

**Pick cereals that are low in sugar.** Select cereals that have less than 7 grams of sugar per serving.

**TIP 2**

**Pick cereals that are made from whole grains.** Look at the list of ingredients on the bottom of the nutrition label and select cereals that list a *whole* grain as the first ingredient:

- whole wheat
- whole oats
- whole grain
- whole corn
- whole rye
- whole grain barley

Child Health Initiative for Lifelong Eating & Exercise