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HealthCare  
FOR HEALTH

# BACKPACK NEWS KIDS

## Picky Eaters

It is a common occurrence when kids want to eat the same foods each day and may be considered “picky”. It’s important to encourage your child(ren) to eat a variety of foods to ensure they are getting the proper nutrition and all the vitamins, minerals and nutrients that they need to thrive.

Here are a few suggestions if you have a child that is picky with their food:

### Offer a variety of different/healthy foods

Seeing a variety of food may encourage curiosity and don’t be afraid to try different combinations or cooking methods of foods. Another idea is to present foods in interesting ways, like using cookie cutters to cut food into fun shapes or trying muffin tins with different finger foods for a “charcuterie” board feel.

### Ask what fruits/vegetables and other foods they are willing to try

By working with what your child does like, you may be able to look for recipes that incorporate those ingredients that they DO like, and you can invite your child to help from start to finish with preparation – all the way from grocery shopping and prepping, and cooking and serving of the food.

### Set a good example

When a parent eats a well-balanced diet that includes fruits, vegetables, whole grains and lean proteins, it shows that importance of eating well at all ages and that you lead by example.

<https://kidshealth.org/en/parents/picky-eater.html>

## Car seat safety

All infants and small children are required to be restrained in a moving vehicle with a car seat that meets the Federal Motor Vehicle Safety Standard, and best fits your child’s weight, size and age.

For more information or to ask questions, call Jefferson County at 920-674-7465 and ask for the car seat technicians.

## School Nurse Expertise

From Lynn Zaspel School Nurse for the Jefferson School District:

**“Encourage your kids to participate in meal planning and preparation. Cooking together can be a fun family time and kids are more likely to eat food they helped prepare.”**

## Tips for Parents

It can be fun and exciting to try new foods. Make it a goal to try at least one new food or recipe a month and encourage your child(ren) to help in the process!

## Food allergy vs food intolerance

It can be confusing to know the difference between food allergies and an intolerance.

Food intolerances can make someone feel ill, and examples are lactose intolerance and celiac disease. This means that the body cannot properly digest a certain food that is eaten, or that food can cause the digestion system to be irritable. Symptoms of a food intolerance may include nausea, gas, belly pain and/or cramps, diarrhea, irritability and headaches.

Food allergies can also make someone feel ill, but some may cause a life-threatening reaction, called anaphylaxis. An allergy happens when the body’s immune system (the same one that fights infections) sees the food as an “invader” and has an immune response. This reaction may include hives, vomiting, belly pain, throat tightness, breathing problems or a drop in blood pressure

Someone with a food allergy is always at risk for the next reaction to be life-threatening, even if previous reactions were mild. Anyone with food allergies must avoid the problem foods and may carry an emergency injectable device (EpiPen).

<https://kidshealth.org/en/parents/allergy-intolerance.html>