

TABLE of contents

Welcome	3-4
Healthy Habits	5-10
Food Preparation Guidelines	11-16
Feeding Guidelines	17-22
Kid Recipes	23-32
Family Recipes	33-50
Healthy Parents	51-54
Credits	55
Notes	56



Welcome to Fresh from Florida Kids!
Our goal is to provide easy solutions for your baby and your family. We believe healthy eating habits are essential for a lifetime of good health and development.

Research suggests that taste preferences and eating habits are fully developed by the time a child is three. Children learn behaviors from their environment and their experiences, and as a parent, you ultimately control the development of their eating patterns. Therefore, it is important to provide a healthy environment as a solid foundation.

One of the easiest ways to encourage healthy habits is by creating healthy meals for your baby and family. Preparing homemade food is easy, fresh, flavorful, nutritious and cheap! With one ingredient and a couple of preparation steps, baby food is naturally easy to make. Homemade food also tastes fantastic and allows you to control what your baby eats.

Inside our folder you will find resources to prepare and create healthy meals for everyone in your family. Every couple of months use the surveys found in the back of the binder to provide us with feedback to help better serve you. In return, we will send you updated information, a new set of recipes and rewards.

CREATING Healthy Habits



Lifelong taste preferences and eating habits are established in the first several years of life. One of the first ways babies learn is through food. Babies are born with a strong preference for sweetness and a dislike for sour and bitter tastes. As they get older, these preferences change and children learn to like and dislike certain foods. You can teach your child healthy habits by feeding and offering a variety of nutritious foods, eating well yourself, and maintaining a healthy environment.

Remember these simple tips to Create Healthy Habits:

- Developing good habits takes time. It requires patience and effort to establish a daily routine and commitment.
- Studies show that the earlier children are introduced to fruit and vegetables, the more likely they are to eat them later.
- Offer and eat a variety of nutritious foods. Stock the house and pantry with low-calorie, nutritious foods. Save treats for something special; don't keep them in plain sight or don't buy them at all.
- Limit snacks. Eating sporadically can eliminate the ability to sense hunger and lead to overeating. Teach yourself and your children to eat when hungry and not out of boredom or emotional reasons.
- Do not use food as a reward or to promote good behavior.
- Do not encourage eating during other activities such as watching television or riding in the car, which can lead to overeating.
- Eat at regular mealtimes with three meals and two snacks daily.
- Eat as a family and make mealtime enjoyable. Family meals not only encourage better diets, they also reinforce family relationships.
- Make baby's first food solid food from fresh fruits and vegetables. The following sections will help you with planning, preparation and storage.



Benefits of Homemade Baby Food

Long-Term Advantages

- You control what goes into your baby's food. There are no extra additives, seasonings or preservatives.
- The earlier healthy eating habits are introduced and re-inforced, the more likely it will be for your child to make wise choices in the future.
- Preparing homemade baby food can help the entire family make wiser food choices.
- The groundwork you lay at this phase of your child's life will make it easier at the next stage to continue healthy eating for the whole family.
- When fresh vegetables and fruits are a part of your baby's diet, it will be easy to make these items a regular part of family mealtime.



a Healthier Baby

- Giving your baby food made from fresh fruits and vegetables increases the vitamins and nutrients in the diet. Canning and processing can eliminate these vitamins and nutrients.
- Your baby will react to the stronger tastes, smells and colors of homemade foods. Cooking food at home can maximize the outstanding color, texture and taste of the food.
- Serving fresh or even fresh-frozen baby food to your baby can help her to be more open to tasting new flavors as she grows older.

- Home-prepared baby food allows for a better variety of foods and a more balanced diet. As your baby grows you can add herbs and seasonings and combine flavors to make mealtime stimulating.
- Early and repeated exposure to a variety of foods like fruits and vegetables has been shown to increase children's taste for them.

Time and Financial Savings

- Today's convenient storage containers and food processors make preparing baby food easier than ever.
- Many family recipes have fresh fruit and vegetable ingredients that can be removed and prepared just for baby before other ingredients are added.
- Parents can spend more than \$300 on processed food during their infant's first year of life. On average, home-prepared food costs around \$55 for one year.
- Grocery store weekly sale circulars often have a variety of fruits and vegetables on special that can be used in making your baby's meals.
- Buying seasonal vegetables and fruits can be more economical than buying items that are out of season.
- Check out local co-ops and farmers' markets. These can be a wonderful source of fresh and inexpensive fruits and vegetables.

Ten Reasons to Give OUR KIDS "GOOD" FOOD

1. Turn her whine into a cheer when childhood obesity is under control.
2. It will never hurt her.
3. Healthy food can be fast food with a little planning.
4. Turn "cheat" into wholesome eat.
5. Be the mom your child remembers for a variety of tasty meals.
6. It's worth the effort to prepare several meals at a time for days when time is short.
7. Alternate fresh juice and fresh fruit for snacks; encourage variety.
8. If you eat healthy food, so will he; kids love to imitate adults.
9. Variety is truly the spice of life; reintroduce rejected foods often.
10. Be the example of a healthy parent for others but most of all for your kids.

FOOD PREPARATION GUIDELINES

Before you Begin

- It has been said many times before but we will say it again – ALWAYS wash your hands before you prepare any food, AND wash your hands and your baby's hands before you begin the meal.
- Make sure all equipment and the food preparation area are clean and sanitized.
- Thoroughly rinse all fruits and vegetables before you begin preparation. Do not use detergent or bleach; it is not necessary and can leave residues on some fruits and vegetables.
- Wash utensils and cutting board between different foods, especially between cutting raw and cooked foods.

What you Will need

- FORK OR MASHER
- SIEVE, STRAINER OR RICER
- STEAM BASKET, MICROWAVE
- FOOD GRINDER, BLENDER OR FOOD PROCESSOR
- ICE CUBE TRAY OR OTHER STORAGE CONTAINER

Preparation

- Making food for your child can be as easy as pureeing steamed, baked or microwaved food, or simply setting aside food cooked for the family before it is seasoned.
- Consider making baby food in large batches to save time and money.
- Steaming is one of the best ways to prepare foods to preserve vitamins and minerals. Place the food in a steam basket or colander above boiling water to cook. Save any leftover water to thin pureed foods if necessary.

RECIPES FOUND IN THIS BOOK WILL
RECOMMEND STEAMING VEGETABLES, BUT DO NOT
BE AFRAID TO EXPERIMENT WITH OTHER COOKING
METHODS LIKE MICROWAVING OR BAKING!

- Use a fork or blender to mash food to the proper consistency for your child's age. If food is too thick use a thinner such as leftover liquid from cooking, milk, broth, or water. An 8-10-month-old baby can handle food the consistency of cottage cheese, but a 6-month-old will need food that has been pureed and strained to a fine, smooth consistency.
- Use ice cube trays to freeze pureed foods. Fill each cube with puree, just as you would if you were making ice cubes. Each cube should contain one ounce of food. When the tray is filled, cover with plastic wrap. Once frozen, pop out the cubes, store in a sealed plastic container or bag and use within 3 months.

Food Storage

- Always wash containers in hot, soapy water and let them air dry.
- Refrigerate or freeze foods immediately to avoid bacteria contamination.
- Home-prepared baby food should be tightly covered and stored in the coldest part of the refrigerator no longer than 2-3 days.
- Use ice cube trays to freeze serving size portions and then transfer the frozen cubes to freezer bags or containers.
- Be sure to label and date each bag or container and store in freezer no longer than 3 months. It is best to use food within 1 month.
- As your baby grows you may want to increase your serving sizes and freeze the portions in 3-4-ounce freezer-safe plastic containers. Never freeze food in glass containers.
- Ice crystals may develop on baby food cubes. This is normal and not cause for alarm. Excess liquid in the puree can rise and freeze at the top.

DO NOT REFREEZE A THAWED FOOD



THAWING AND SERVING CUBES

- When you are ready, select the cube(s) from the freezer and thaw.
- Baby food can be served cold, at room temperature or slightly warm. Do not serve hot food.
- Please remember that thawing food on the kitchen counter is not recommended. This allows contaminants and bacteria to get into the food. Food should be thawed in the refrigerator overnight, or in the microwave or double boiler.
- You can warm food in a microwave on medium-high for 45 seconds. You can also place cubes in a small bowl and then place that in a larger bowl filled with hot water. This method will take about 10-15 minutes to thaw. Be sure to touch-test all foods before feeding your baby to make sure there are no hot spots.
- If the food is too thick you can add breast milk, formula or a little water. If the food is too thin, you can add whole-wheat baby cereal, mashed banana or yogurt.
- Serve food in a bowl or shallow dish. Throw away leftover food after the meal since saliva can spoil food.



TIPS

- Add breast milk, formula or a little water to thin foods. Breast milk offers a familiar flavor that may encourage baby's acceptance of new foods.
- Do not add sugar or salt as you cook. Pure foods will help your baby develop healthy eating habits and keep your baby from developing a taste for salty and sugary foods.
- Steam or microwave foods; boiling foods reduces nutrient content.
- Make food in large quantities to conserve time and money. You only need to prepare food once or twice a week.
- Use fresh or frozen vegetables. Like fresh vegetables, frozen vegetables are flavorful and full of beneficial nutrients. Do not use canned vegetables; they are usually loaded with sodium and additives.

Practical mom advice:

**Try to Plan Weekly menus ahead of time.
This can save money and valuable time in
your busy schedule.**

Feeding Guidelines

Every child is unique, so there are no definite timetables or nutritional requirements. Always follow a recommended diet from your health care provider to supply a fully balanced diet to meet your baby's nutritional requirements. Many doctors recommend beginning solids at 6 months. You can use a little common sense to determine the right time for your baby.

Typical signs that indicate your baby is ready for solids include:

- The ability to sit without help.
- Active interest in food that others are eating; watches people eat.
- Does not use tongue to push solids or spoon out of mouth.
- The ability to signal she wants to be fed or has had enough to eat.

When starting your child on solid foods, it is a good idea to introduce one food at a time in order to trace the development of food allergies. You should wait 2 to 7 days between new foods to be sure your baby is not allergic. Signs of food allergies can include stomachache, diarrhea, skin rash, wheezing and vomiting. High-risk families (those with prevalent food allergies) should wait until your child is 3 years old before introducing the top 5 allergens: peanuts/peanut butter, egg whites, shellfish, fish, and tree nuts.

General Guidelines

- Consult with your pediatrician or health care provider if you have any questions concerning the introduction of foods.
- Breast milk or fortified formula should be continued until the first birthday. Cow's milk should not be introduced until the baby is at least 1 year of age.
- Always check with your doctor or health care provider if you think your baby is not eating enough of the right foods.
- Use a high chair or infant-specific chair when feeding your baby. If your baby is sitting upright, he is less likely to choke.
- Never leave your baby unattended when eating. If possible, feed baby with the family. This will get your child on a regular feeding schedule and enjoying a familiar routine.
- Juice should be given after regular fruit has been introduced. Try waiting until 10 months of age. Juice intake should be limited to 4-6 ounces per day for children 1 to 6 years of age.
- Do not get discouraged. Children's appetites and tastes are finicky and change throughout development.
- Be conscious of serving sizes and do not serve too much. A good rule of thumb for portion size is one tablespoon for every year of age.

Timeline for Introducing Solid Food

6 Months (or first solid foods)

Breast milk and/or iron-fortified formula

Iron fortified single grain infant cereals (rice, oatmeal, barley)

Ripe avocados
Ripe bananas
Sweet potato

Okra
Spinach
Watermelon

Cottage cheese, soft cheese, yogurt
Mashed and well-cooked beans like lentils, and black beans

Mashed and well-cooked meat, poultry, fish, tofu, cooked egg yolk

6-7 Months

Applesauce
Carrots
Green beans
Mango
Papaya
Pears
Sweet potato
White potato
Yellow squash

Finger foods can be introduced like soft breads, peeled wedges of fruit, cooked vegetable pieces

10-12 Months

Beets

Blueberries
(pureed not whole berries)

Finely grated or mashed raw yellow squash, greens, sweet peppers

Strips of tender lean meats

Whole-wheat breads, crackers, sugar-free cereals

8-9 Months

Broccoli
Cantaloupe
Cauliflower
Collard greens
Eggplant
Honeydew melon
Peas

Starting Solids

- When your baby is ready to begin solids, introduce vegetables first to encourage the acceptance of these flavors before introducing the sweeter tastes of fruits.
- Start with 1 tablespoon of a mild-tasting vegetable like avocados or sweet potatoes. Gradually increase the quantity.
- Be patient. When introducing a new fruit or vegetable give your baby at least 8 chances before you give up that food. Children often need to try a food several times before they will accept it.
- Try offering new foods when your child is hungry to avoid rejection.
- A soft spoon and plastic dish will make mealtime easier for your baby.
- Stir food well after heating to avoid hot spots. Touch-test the food's temperature before feeding to your baby.
- Watch for signs that your baby is finished eating like turning his head away or not opening his mouth. When your baby signals the meal is over, it's over. Do not encourage overeating.

Next Steps

- Once your baby has adjusted to pureed baby food and shown signs of readiness, you can vary the consistency of the food. Begin with small soft lumps in the pureed baby food and then move to mashed, ground or chopped foods. Textured and lumpy foods help your baby develop oral skills and muscle tone.
- Try adding new textures with pureed baby foods that your baby already enjoys.
- Around 8-12 months add soft table foods and finger foods like dried toast, soft fruit pieces and cooked chopped vegetables.
- Around 8 months your baby may be ready for and need additional protein sources like meat or beans.
- Avoid hot dogs, peanut butter, nuts, popcorn, and hard pieces of fruits and vegetables on which children can easily choke. These should not be given to children under 3 years of age.
- Mild spices like vanilla, garlic powder, ginger, pepper, nutmeg, cinnamon, mint, oregano, basil or lemon zest can add new flavors and interest to your child's foods. Most pediatricians recommend waiting until your baby is at least 8 months of age to add spices.

TIPS AND TRICKS

- Create a relaxing environment with the family during meals. Establish regular family times or patterns for meals.
- Remember, picky eating is a normal phase children usually outgrow. Continue to offer a variety of foods and encourage your child to try at least a bite.
- Continue to introduce and encourage your child to eat a variety of nutritious foods.
- Try reintroducing rejected foods food mixed with a favorite food.
- Pay attention to your baby's natural cues and needs. Let your child decide when she is finished eating.
- Try not to overcook food. Overcooking can destroy a food's flavor, texture, color and nutrient content.
- Instead of salt and sugar, spices add new flavors and experiences to your baby's food. Salt and sugar encourage bad eating habits and taste preferences. Added sugar also increases your child's risk for cavities.
- The less excitement you make over baby's food the better. Encouraging baby with "yum" sounds is okay but you need to follow your baby's cue and allow her to check out the meal for herself. Do not force food into your baby's mouth. Wait for her to open her mouth to take the food.
- Look for "Fresh from Florida" fruits and vegetables. Regional and seasonal items are often cheaper and fresher.

FRESH from FLORIDA KIDS RECIPES



UNLESS OTHERWISE NOTED, ANY RECIPE PORTIONS NOT SERVED CAN BE FROZEN. INCREASE RECIPES AND FREEZE LARGE QUANTITIES TO USE ON THOSE BUSY DAYS TO SAVE TIME.

PLEASE DISCUSS THE INTRODUCTION
OF NEW FOODS WITH YOUR
HEALTH CARE PROVIDER

BlueBerries

1. 1/2 pint of fresh Florida blueberries.
2. Bring 4 cups of water to a boil.
3. Add blueberries and simmer for 15 minutes until soft.
4. Reserve liquid and use a slotted spoon to transfer blueberries to food grinder and puree.
5. If needed, add some of the liquid to blueberries.
6. Add cereal (if desired) to thicken.



you can save the liquid for juice or to
blend with cereals, etc.

Melons

(Honeydew, cantaloupe, Watermelon)

1. 1/4 cup sliced, soft, Florida melon (rind and seeds removed).
2. Puree or mash with a fork – add cereal (if desired) to thicken the melon and achieve a smooth, thin consistency.



Melon does not need to be cooked, but can be
steamed and mashed if you prefer.

Mango

(Creamy Puree)

1. Peel and remove the seed of 1 ripe Florida mango.
2. Mash mango until smooth.
3. Add plain yogurt or water until mango puree is at the proper consistency for your infant.



**Mango Does Not need to Be Cooked,
But can Be Steamed and Mashed
if you Prefer.**

Green Beans



1. Snap the ends off and wash a few cups of fresh Florida green beans.
2. Steam beans until very tender; be sure to check on the water level.
3. Reserve any leftover water to thin beans in step 5.
4. Place beans into food grinder and begin pureeing. Green bean skins can be difficult to completely puree, so extra grinding may be required.
5. Add the reserved water as necessary to achieve a smooth, thin consistency.
6. You may wish to push the green beans through a sieve or mesh strainer to remove any remaining skins.

CARROTS

THIS RECIPE IS BEST SERVED FRESH AND NOT FROZEN.



1. Peel 2-4 fresh Florida carrots and cut into small chunks.
2. Steam carrots until tender.
3. Do not reserve any water for thinning carrot puree as nitrates may seep into the cooking water.
4. Place carrot chunks into food grinder and puree.
5. Add plain water as needed to achieve a smooth, thin consistency.

SWEET POTATO



1. Peel 1-2 fresh sweet potatoes and cut into small chunks.
2. Boil potato chunks in a pan with enough water to slightly cover potatoes.
3. Reserve any left over water to thin potatoes in step 5.
4. Place sweet potatoes into food grinder and puree.
5. Add reserved water as needed to achieve a smooth, thin consistency.

Potato



1. Peel 1-2 fresh Florida potatoes and cut into small chunks.
2. Boil potato chunks in a pan with enough water to slightly cover potatoes.
3. Reserve any leftover water to thin potatoes in step 5.
4. Place potatoes into food grinder and puree.
5. Add reserved water as needed to achieve a smooth, thin consistency. You may also use breast milk or formula to make the puree if you wish.

Squash



1. Choose 1-2 smaller fresh Florida yellow squash or zucchini (smaller squash are usually most tender).
2. Wash and cut into small slices or chunks; do not remove skins.
3. Steam squash until tender.
4. Place into food grinder and puree.
5. Add water as necessary to achieve a smooth, thin consistency.

avocado

1. Peel and remove the pit of one ripe Florida avocado; do not cook.
2. Cut “meat” out and mash with a fork.
3. Avocados, just like bananas, have a very soft consistency and texture so there should be no need to use a machine.



FRESH from FLORIDA Family Recipes



Most of the following Family Recipes are designed to be enjoyed by the entire family including your baby. There are certain stages in recipe development when you can remove ingredients and set them aside for your baby. These stages will be highlighted in green at the bottom of the Family Recipes. With little or no effort your baby's meal can be prepared with the family's dinner.

Lemon HerB CHiCkEn

Yield 4 Servings

IngRedients

- 4 chicken breasts or your favorite cut
- juice of 2 lemons
- salt and lemon pepper to taste
- 1 generous pinch dried oregano
- cooking oil spray

PrePARations

1. Cut lemons in half, and squeeze juice from 1 lemon on chicken.
2. Season lightly with salt.
3. Preheat a skillet sprayed with cooking oil over medium-low heat.
4. When skillet is hot, put chicken in skillet. As you cook chicken, add juice from second lemon, oregano, lemon pepper and salt.
5. Sauté for 10 to 15 minutes each side, or until juices run clear.

HerBed ZucCHini

Yield 6 Servings

IngRedients

- 1 tablespoon olive oil
- 1/2 red onion, diced
- salt and pepper to taste
- 6 Florida zucchini, halved and sliced
- 1/2 pound fresh Florida mushrooms, sliced
- 1 Florida tomato, diced
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning

PrePARation

1. Heat oil in a large skillet over medium heat.
2. Cook onion with salt and pepper for 2 minutes.
3. Stir in zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.

Take 2 zucchini from list of ingredients and cube or cut into 1/2 inch slices. Steam the zucchini until tender. Place in food grinder and puree. Freeze any extra portion in ice cube tray for use later.

BROCCOLI AND CAULIFLOWER CASSEROLE

Yield 4 servings

Ingredients

2	cups water
1/2	teaspoon salt
1 1/2 to 2	pounds of Florida broccoli and cauliflower pieces (keep 1/4 pound for baby)
	milk
4 to 5	tablespoons butter or low-fat substitute
4	tablespoons flour
	salt and pepper to taste
	dash nutmeg, optional
2	tablespoons fine, dry, seasoned bread crumbs
1 to 2	tablespoons grated Parmesan cheese
1/8	teaspoon paprika

Preparation

1. In a large saucepan, bring water and salt to a boil. Add broccoli and cauliflower; cook just until crisp-tender.
2. Drain, reserving liquid. Add milk to the vegetable liquid to measure 2 1/2 cups.
3. Place vegetables into a shallow 2-quart baking dish.
4. Melt 3 tablespoons of butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly. Gradually stir in milk mixture. Cook, stirring constantly, until thickened and smooth. Season with the salt, pepper, and nutmeg.
5. Pour sauce over broccoli and cauliflower. Dot with remaining 1 to 2 tablespoons of butter. In a small bowl, combine bread crumbs, Parmesan cheese, and paprika; sprinkle over vegetables. Bake at 450 degrees for about 20 minutes, until casserole is bubbly.

Cook broccoli and cauliflower as in step 1. Remove vegetables for recipe and leave vegetables cooking for baby until very tender. Drain (save water to use for thinning) and place vegetables in food grinder and puree. Add saved water to achieve smooth consistency. Freeze any extra portions in ice cube tray for use later.



BLACK BEAN, CORN AND RED PEPPER SALAD

Yield 6 Servings

INGREDIENTS

1/3	cup vinegar
1	tablespoon mustard
1	teaspoon oil
1/2	teaspoon salt
1/4	teaspoon black pepper
1	small red onion, diced
2	cups canned black beans, drained and rinsed
1	cup fresh Florida sweet corn kernels
1	large red Florida bell pepper, trimmed and diced
2	tablespoons fresh parsley, chopped (optional)

PREPARATION

1. In a large bowl, whisk together the vinegar, oil, salt and pepper. Add the onion and black beans.
2. Cook the corn kernels in a small saucepan of boiling salted water until tender, about 3 minutes. Remove the kernels with a slotted spoon and plunge them into an ice bath to stop the cooking process. Pat dry and add to the onion mixture.
3. Add the red pepper to the onion mixture along with the parsley. Toss well. Adjust the salt and pepper to taste.

VEGETABLE JAMBALAYA

Yield 4 to 6 Servings

INGREDIENTS

1	tablespoon oil
1	Florida onion, chopped
1	Florida green bell pepper, chopped
1/2	cup celery, chopped
3	Florida garlic cloves, minced
2	cups water
1	14-ounce can diced tomatoes, do not drain
1	8-ounce can tomato sauce
1/2	teaspoon dried Italian seasoning
1/4	teaspoon crushed red pepper flakes
1	cup uncooked long grain rice
1	15-ounce can butter beans, rinsed and drained
1	15-ounce can red beans, rinsed and drained

PREPARATION

1. In a large skillet, heat oil over medium heat. Cook onion, green bell pepper, celery, and garlic in hot oil until tender, about 3-4 minutes, stirring frequently.
2. Add water, tomatoes, tomato sauce, Italian seasoning, and red pepper flakes.
3. Bring to a boil and add rice. Reduce heat to low, cover and simmer for 20-25 minutes until rice is tender, stirring frequently.
4. Add beans and cover. Simmer 5-10 minutes longer or until well heated, stirring frequently.

Blueberry-Lemon Parfait

Yield 4 Servings

Ingredients

- 2 cups fresh Florida blueberries
- 16 ounces non-fat lemon yogurt (or your favorite flavor)
- 10 gingersnaps, crumbled (or your favorite cookie)

Preparation

1. In each of four glasses, put 1/2 cup blueberries, followed by 1/2 cup yogurt, and then crumbled gingersnaps.

Take a handful, about 1/2 cup, of the blueberries and puree them in food grinder. Mix with a small amount of the yogurt.



Vegetable Burritos

Yield 4-6 Servings

Ingredients

- 1 15 ounce can red beans or black beans
- 3 cups shredded fresh Florida zucchini and yellow squash (add 1/2 cup for baby)
- 1 medium fresh Florida onion
- 1 small clove fresh Florida garlic
- dash of chili powder or cayenne pepper to taste
- 2 cups shredded Cheddar cheese
- 1 8-ounce cup tomato sauce
- 1 8-ounce can tomatoes with chilies
- 6-8 corn or flour tortillas
- *option: add 1 pound cooked lean ground beef or turkey

Preparation

1. Sauté squash with onion and garlic.
2. Add beans, tomato sauce and spices.
3. Roll mixture into tortillas and place in 9" x 9" pan.
4. Mix cheese and canned tomatoes/chilies and pour over burritos.
5. Bake 20 minutes at 350 degrees, or until hot throughout and bubbling.

Before sautéing squash for recipe take 1/2 cup squash for baby and steam until tender. Place in food grinder and puree. Freeze any extra portion in ice cube tray for use later.

TILAPIA AND VEGETABLE BAKE

Yield 2 servings

Ingredients

- 1 large Florida tilapia fillet or favorite white fish
- 2 tablespoon olive oil
- 1 small Florida zucchini, chopped in thin rounds
- 1 Florida carrot, chopped in small rounds
- 1/2 red Florida pepper, chopped
- 1/2 yellow Florida pepper, chopped
- 1 medium Florida onion, chopped
- 8 Florida cherry tomatoes, quartered
- 1 tablespoon canola or olive oil
- 1 tablespoon ketchup
- 1 1/2 cups tomato juice
- 1 tablespoon brown or white Florida sugar
- 1 lemon, fresh squeezed
- black pepper
- 1 teaspoon dried oregano
- 3/4 teaspoon dried sweet basil
- 1 teaspoon salt

Preparation

1. Preheat oven to 350 degrees.
2. Prepare the cleaned fish in the middle of a baking pan, sprinkle and spread around the olive oil on both sides of the fish.
3. Squeeze the lemon on both sides of the fish, and sprinkle with black pepper.
4. Sauté the chopped vegetables in the canola oil just enough to soften a little and set aside.

5. In a small cup, mix the oregano, basil, salt and spread over the inside and outside of the fish.
6. Pour the sautéed vegetables over the fish; in a bowl, mix the sugar, ketchup and tomato juice and pour over the fish.
7. Cover and place in the oven until it is done all the way – the flesh should be soft and flaky. Do not overcook. A general rule for cooking fish is 10 minutes per inch of thickness.



YELLOW SQUASH AND CORN SOUP

Yield 3-4 Servings

INGREDIENTS

- 1 pound Florida yellow squash
- 2 ears fresh Florida sweet corn (1 1/2 cup frozen)
- 1 Florida onion
- 2 large Florida garlic cloves
- 1 fresh jalapeño pepper
- 1 tablespoon olive oil
- 1/4 teaspoon ground cumin
- 2 1/2 cups water
- salt and pepper to taste

PREPARATION

1. Cut squash crosswise into 1/2-inch-thick slices.
2. Shuck corn and, working over a bowl, cut kernels from cobs. Halve cobs.
3. Chop onion and mince garlic. Wearing rubber gloves, chop pepper.
4. In a 5-quart heavy kettle combine all ingredients (including shucked cobs) except water and cook over moderate heat, stirring, for 3 minutes.
5. Stir in water and simmer mixture until squash is very tender, about 15 minutes. Discard cobs.
6. In a blender puree mixture in batches until smooth (use caution when blending hot liquids), transferring to another bowl. Season soup with salt and pepper.

SHEPHERD'S Pie

Yield 6 Servings

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 large Florida onion, peeled and chopped
- 1 large Florida carrot, peeled and chopped
- 1 pound lean ground beef or turkey
- 1 cup low-sodium vegetable broth
- 1 tablespoon tomato paste
- 1 teaspoon dry rosemary
- 1 cup Florida green beans, chopped
- 3 pounds Florida potatoes, peeled and cut into chunks
- 2 tablespoons unsalted butter
- 1/2 cup low-fat milk
- salt to taste

PREPARATION

1. Preheat oven to 375 degrees.
2. In a large pan over medium-high heat, heat the oil; add the onion, carrot, and meat. Cook until done, 8 to 10 minutes.
3. Drain the fat and add the broth, tomato paste, and rosemary. Simmer until the juices thicken, about 10 minutes, add the green beans. Pour the mixture into a 1 1/2-quart baking dish; set aside.
4. Bring potatoes to a boil. Cook until tender, about 20 minutes; drain. Mash the potatoes with the butter, milk, and salt. Spread over the meat mixture. Bake until golden, 30 to 35 minutes.

FLORIDA VEGETABLE PASTA STEW

Yield 4 Servings

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 medium Florida onion, finely chopped
- 1 Florida green or red pepper, chopped
- 2 small Florida eggplants, cubed (about 2 cups)
- 1 small Florida zucchini, cubed (about 1 cup)
- 1 bay leaf
- 1/4 teaspoon dried oregano
- 2 cups chopped Florida tomatoes with their juice
- salt and pepper to taste
- 1 pound pasta (your favorite)
- 1/4 cup Parmesan cheese
- *option: add 1 pound cooked lean ground beef or turkey

PREPARATION

1. Heat the oil in a 4-quart sauce pot over medium heat. Add the onion and cook until soft and translucent, about 3 to 4 minutes.
2. Add the pepper and cook 2 minutes more. Add the eggplant and cook 2 more minutes.
3. Add the zucchini, garlic, bay leaf and oregano. Season lightly with salt and pepper and continue to cook for 2 more minutes.
4. Add the tomatoes and simmer for 40 minutes, uncovered.

5. Meanwhile, bring a large pot of well-salted water to a boil. Add the pasta and cook until firm (not too soft) about 12 minutes.
6. Toss the hot pasta with the stew mixture and sprinkle with Parmesan cheese.
7. Adjust the salt and pepper to taste.

Before adding zucchini to step 3 remove 1/4 cup each for baby and steam until tender. Place in food grinder and puree. Freeze any extra portion in ice cube tray for use later.



EGGPLANT PARMESAN

Yield 4 servings

INGREDIENTS

- 1 large Florida eggplant, about 2 pounds
- 3/4 cup olive oil
- 2 cups canned tomato sauce
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder *may substitute 1
teaspoon Italian seasoning for above two
ingredients
- 1/4 cup grated Parmesan cheese
- 8 ounces shredded Mozzarella cheese

PREPARATION

1. Peel eggplant and cut into 1/4-inch slices.
2. Fry on both sides in skillet in hot oil until browned.
3. Drain well on paper towels.
4. Place a layer of eggplant slices in a shallow baking dish; cover with some tomato sauce, a sprinkling of basil and garlic powder, a little Parmesan cheese, and a little of Mozzarella cheese.
5. Repeat layers until all ingredients are used, ending with Mozzarella cheese.
6. Bake, uncovered, at 400 degrees for 15 to 20 minutes.

FTLa SANDWICHES

(FLORIDA Tomato, Lettuce, and Avocado)

Yield 4 servings (sandwiches)

INGREDIENTS

- 2 tablespoons low-fat mayonnaise
- 8 slices whole-grain bread, toasted
- 4 large leaves Florida green or red leaf lettuce
- 1 large ripe Florida tomato, thinly sliced
- 1 sliced and peeled Florida avocado
- 12 very thin slices Florida cucumber
- 4 slices Swiss cheese

PREPARATION

1. Spread mayonnaise on the 8 slices of bread.
2. Layer 4 slices with 1 lettuce leaf, 1 slice tomato, 1 slice avocado, 3 slices cucumber, and 1 slice cheese; top with remaining bread slices. Cut sandwiches in half diagonally.

Just before preparing sandwiches for the family, peel and slice small avocado for baby. Place in food grinder to puree. Freeze any extra portion in ice cube tray for use later.

Sweet Potato and Ginger Pancakes

Yield 4 servings

Ingredients

- 1 1/2 pounds sweet potatoes, peeled and diced
- 1/4 cup Florida onion, chopped
- 1 teaspoon ground ginger
- 3 eggs
- 3/4 cup milk
- 1/2 cup flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup Florida green onions, sliced
- oil, as needed for frying

Preparation

1. Place a small amount of the sweet potatoes in a food processor and pulse until the potato pieces are about the size of dried rice; repeat procedure with remaining potatoes until they are similar in size. If you do not have a food processor you can use a hand grater to coarsely grate potatoes.
2. Add the yellow onions to the last batch of potatoes to be processed.
3. Combined remaining ingredients and add to processed potatoes in a large bowl; mix thoroughly.
4. Spoon potato batter into a skillet and fry with 1/8 inch of oil over medium heat. Brown both sides and serve hot.

Healthy Parents



Raising kids can be exhausting but it is important not to lose sight of your own health and wellness. Exercise and good eating should be a top priority for yourself and not just your children. Your kids will benefit too – you will be more energetic and you will act as a good role model for them to imitate.

USE THESE SIMPLE GUIDELINES AND TIPS TO HELP YOU LOOK AND FEEL GREAT:

- Eat well. Increase the number of fresh fruit and vegetables in your diet and reduce the amount of fats and sugars. Drink water to improve digestion and the health of your system.
- Be conscious of portion size. As long as you eat moderately and indulge occasionally, there is room for nearly all foods in your diet.
- Try to balance food intake with your activity level. To maintain your weight you should not eat more calories than you will burn.
- Carry a healthy snack. Keep a piece of fruit or cut vegetables to curb your hunger. If you wait until you are starving to eat, you will be more inclined to reach for something unhealthy and high in fat.

GETTING STARTED

- Talk with your doctor if you have a chronic medical condition or an increased risk of a medical condition.
- A mix of cardiovascular exercise (jogging, biking, swimming, walking) and strength training (lifting weights, push-ups, sit-ups) is best. Never exercise to the point of exhaustion or ignore pain.
- Include a brief (5-10 minute) warm-up and cool-down period during every exercise session.
- Working out during your pregnancy will make it easier to lose weight after the birth of your baby.

- Start slowly and don't expect immediate results. Losing weight takes time; set realistic goals.
- Establish a routine that you can fit into your lifestyle. You will see better results with a little regular exercise, than a lot of occasional exercise.
- Aim for at least 3 workouts a week for a minimum of 30 minutes each time.



Positive Benefits

- Regular exercise can strengthen muscle, increase flexibility, increase energy, control weight, and build strong bones.
- Exercise to relieve stress and improve your energy. Studies have repeatedly shown that exercising improves blood flow, lowers blood pressure and muscle tension and promotes mental well-being.

No Excuses

- Take advantage of your baby's nap time or a friend's offer to baby-sit.
- Go for a walk with your baby in the stroller. Walking is effective exercise and a great way to include your baby.
- As your child gets older, involve yourself in your child's play and engage in more physical activity.
- Sign up for a fitness class or take a walk with other moms. You will build social relations while toning your body.

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Notes

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for letter formation.