

Busy Parent Tips

These are some helpful suggestions from parents in the Healing Foundations community.

SHOPPING

Bulk Barn

Better prices for almond butter, natural peanut butter, brown rice pastas, brown rice and other grains, trail mixes, nuts, seeds, dried fruits, and alternate flours (arrowroot, rice flour etc.)

The ingredients are easy to find and it can be faster and more efficient to shop there. ardly No or minimal line-ups and lots of space in the aisles.

Things at The Bulk Barn that kids like:

- Their sesame squares and oat squares. A great substitution for granola bars.
- Dried fruits with cinnamon or coconut on them. These have a bit of corn syrup in them, but they are still favourable compared to some of the commercial snacks, ie fruit snacks etc. that are full of preservatives and things you can't pronounce!
- Veggie Sticks-good for a salty flavoured snack
- Rice crackers with almond butter
- Trail mixes
- Raw nuts
- Brown rice pastas

Zehrs (Imperial Road, Guelph, Ontario) – “The Big Zehrs”

Great organic and health food section and is more reasonably priced than the health food stores, *and* you can still get toilet paper and other household goods at the same time. Lots of organic fruits and vegetables, eggs, dairy, rice milks, almond milks, organic soya products, rice based products, organic dried beans, lentils etc. They have organic cereals and ancient grain cereals that are not much more expensive than the other brands. They have “anti-biotic free” meats. (Look for the green signs.) Handy if you don't have time to go find a “Rowe farm” or go to the farmers market etc.

SNACKING/EATING TIPS

- Keep a veggie or fruit tray already sliced up and ready to eat in the fridge with hummus or vanilla yogurt for dipping. If it is handy and ready they will usually eat it first before looking for other snacks – especially after school.
- While the children are playing or waiting for dinner to be prepared try putting a veggie or fruit tray out on the table. Children can nibble on healthy snacks that *you* want them to eat. If they have already eaten their veggies there is one less thing to put on the dinner plate. Kids often prefer raw veggies and they are more nutritious, so not to worry if they don't eat the cooked ones.
- Add vegetables (even the unpopular ones) to sauces like spaghetti sauce and puree so there are no suspicious green lumps.
- If you have school aged children that get home from school before you get home from work, try putting *your* preferred snacks out on the table before you leave for work in the morning. IE rice crisps and a bowl full of almond butter. If it is right in front of them and accessible when they are hungry they will normally eat that first.
- Keep frozen fruit in the freezer and leave the blender out on the counter for easy access and teach older children how to use it.
- When bananas start to turn brown and mushy, peel them and put them in the freezer in a ziplock bag for shakes and smoothies.
- Add vegetables, like sweet peppers, and carrots to smoothies.
- Add a teaspoon of flax oil to smoothies.
- Add grated carrot, zucchini, ground flax etc. to muffins, sauces, or even to hamburger.
- Substitute part of the flour in pancake recipes for ground flax seed.
- Have a 'must try' rule. If they don't like it that is ok, but it helps them to get used to new flavours.
- Compromise at meal times. If they have eaten fairly well and want to be finished allow them to substitute raw vegetables for the rest of the meal. If they have not eaten well ask them to eat at least half, or let them know that if they eat half of the meal they can then substitute.
- Keep portions small to avoid overwhelming children.