

# Eating On The Run



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

Poor diet can contribute to childhood obesity which is a problem of growing concern among America's children. Health and nutrition authorities stress that parents must help their children form good eating habits, beginning with the toddler.

Parents are advised to plan set times for meals and snacks. They choose what is offered to eat and when, and the child decides how much or whether to eat. Key to this strategy, according to Ellyn Satter, author of *How to Get Your Kid to Eat ... But Not Too Much*, is that a child must understand there are no substitutions if he or she decides not to eat what is offered. Providing alternative choices removes the child's incentive to try a variety of foods when they are offered.

Just as important, Satter writes, is the manner in which food is served to children. Parents must not beg, barter, play games or force children to eat. These practices only convey that the parent believes the food is undesirable but should be eaten for other reasons. Dessert should never be offered as a reward for cleaning one's plate nor should children be punished for not eating.

Children learn at an early age that refusing to eat is an easy way to get parental attention. Research has shown that when children are offered a variety of nutritious foods, a child while they may go on food jags, will automatically eat a balanced nutritious diet over a period of five to six days. They are not going to starve if they insist on not eating at one meal.

Parents of finicky eaters should look at their own eating practices and ask themselves if they are setting a bad example. They should also offer small portions of new foods periodically with no pressure on the child to try them. Most children will try the food eventually, though it may take as many as 15 attempts. Offering food without gimmicks or pressure makes the new food a more likely part of the child's permanent diet.

Research has demonstrated that the best time to influence the diet of school age youngsters is at home, through regular meals and snacks. Remember, even overweight children should not be banned from occasional snacks of high-calorie treats. Forbidden fruit is always more desirable and most youngsters will find a way to sneak the snack behind their parents' backs.

COLUMBUS, Ohio — Food selection can play havoc with the family vacation. Finding a restaurant that fits dietary and economic needs is a major challenge. Children or "picky eaters" in the group create even more stress! Planning can help make the situation more tolerable. Here are some ideas:

- \* Eat your main meal at noon-time. Menu variety is often the same, while prices (and serving size) are more reasonable.

- \* Know which restaurants offer lower fat and calorie choices. Many franchise or chain restaurants offer location maps that make it easier to plan ahead!

- \* Enjoy local foods, this is part of the fun of travel. One or two meals can be carried or purchased as you go.

- \* Pack some survival foods and any special items that may not be available. Fresh fruit, favorite salad dressing, cereal, canned juices, cheese, peanut butter and crackers can save the day. This is especially important if special brands or diet restrictions are important.

- \* Keep a bottle of water on hand or fill a thermos with ice and water. Dehydration can be a problem in summer heat.

- \* Include disposable bowls, cups, spoons, paper towels, and napkins in your car packing list. Plastic bags with zipper tops are handy to hold food and ice.

- \* Add the standard items of a cooler, thermos, knife, and bottle opener. A "hot pot" or coffee maker may be useful. Add hot chocolate mix, coffee, tea, and powdered milk.

- \* Plan one or two meals using food from local stores or farm markets. Supermarkets offer take-out salad, soup and even main dish foods. A carton of yogurt, sliced turkey, or cheese add protein to salad lunches.

- \* Remember cereal, milk, and fruit is an easy-packing breakfast

or snack. This is one time individual size packages of cereal or juice may be the sensible choice.

- \* Look for motels that advertise refrigerators or mini-kitchens. When these aren't available, use a cooler and ice to keep foods cold.

- \* Use an in-room microwave to zap a baked potato with cheese for a quick meal. Add fresh fruit, bread from the bakery and a beverage and enjoy!

- \* Fill clean milk cartons with water leaving at least an inch of space at the top. Freeze these for

ice blocks you can use in a cooler or thermal pack. As the ice melts, you have cool water available.

- \* Eating lighter makes sense when you travel. Try to avoid the urge to graze all day by planning meal stops at reasonable times. In restaurants, ask for sauces and dressing on the side. If there are no broiled, grilled or baked meat, fish, or chicken items, leave the breading on the plate. It may look messy, but it will leave you with less guilt feelings!

## Farm Women



This hat worn by Romalne Palnter of York Society 12 is 110-years-old.

(Continued from Page B25)

her interests in gardening, rug hooking, wall painting, and painting the meadow grasses.

Numerous door prizes were awarded with the special door prize of a hooked chair mat presented to Arlene Witman, president of the Society of Farm Women of Pennsylvania. The mat had been hooked by Sarah Jones.

The Society of Farm Women of

Pennsylvania was founded in 1914 by Mrs. Frank Black of Somerset County. Total membership is about 3,280.

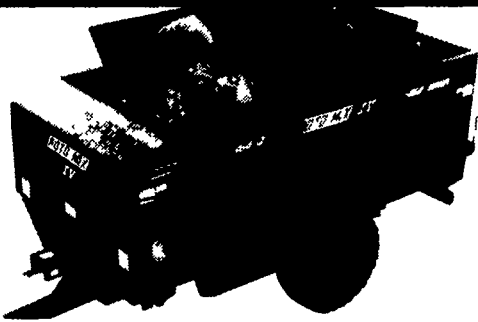
The purpose of the organization is to contribute to the power and influence of the farm home; to contribute to the community activity of farm women, and to develop leadership and to promote better living and working conditions in farm homes.



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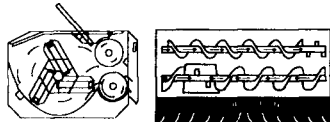
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