



DAY TO DAY: HEALTHY EATING IN YOUR COMMUNITY

Introducing New and Healthy Foods:

- 1) Requires a *slow* introduction
 - Try to introduce **one or two** new foods per week, and be patient with your child as it might take several attempts before the new food item is a part of their preferred choices or even tolerable.
- 2) Different children have different preferences. Try to *adapt healthy foods* to match your child's preferences
 - For example, if your child prefers cold foods over hot ones, try blending healthy vegetables into a fruit smoothie
- 3) Present the child with *choices*
- 4) Break it down into *steps*
 - First **show** them a food item
 - Second have them **touch or smell** the new food
 - Third have them **kiss or lick** the new food
 - Then have them **try a bite** the new food
- 5) *Disguise* the healthy food in a dish that the child already likes
 - If your child loves mac and cheese try adding some white cauliflower into the dish

Why Farmers Markets:

1) Encourage Healthy Eating

If a child picks out and helps to prepare a food he/she may be more willing to try it

- Seeing and interacting with the food before it appears on their plate may make a child more open to eating the food later on

2) Social Interaction

Farmers Markets are fun! Children can spend time outdoors and there might be music or games! Trips to the market can encourage children to talk with the vendors and can become part of a weekly routine.

- This is an opportunity to encourage positive social behaviors and lets the child observe others using these behaviors.

3) May be more affordable and a fresher alternative to the grocery store

Fresh, locally grown produce is sold and is sometimes less expensive.

Where are you local farmers markets:

Boston Medical Center Farmers Market

Where: Boston Medical Center Shapiro

Building lobby

725 Albany St

When: Fridays at 11 am

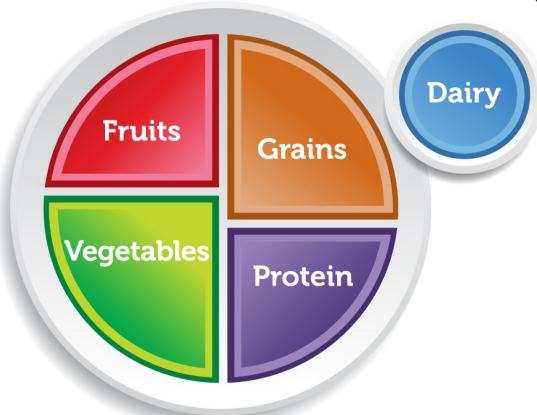
1010 Mass Ave Farm Stand

Where: 1010 Mass Ave Parking Lot

1010 Massachusetts Ave

When: Fridays at 11:30 am

For a **full list** of market places and schedules visit:
<http://www.cityofboston.gov/calendar/markets.asp>



What is sold at farmers markets:

- | | |
|---------------------------|---------------------------|
| -fresh fruits and veggies | - chicken (protein) |
| -fresh bread (grains) | - milk and cheese (dairy) |
| -farm fresh eggs | -meat (protein) |
| -fish and other seafood | -honey/maple syrup |



The Autism Program
AT BOSTON MEDICAL CENTER



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Community Gardening:

Want the chance to grow some of your own food? Boston Natural Areas Network (BNAN) provides Boston residents with gardens where the **green space** is cared for by the community in several locations throughout the city.

- A great activity to add to a child's routine
- Promotes independence and autonomy!
- Provides fresh and affordable produce
- Many children are calmer when they are using their hands and working outdoors

Find more information on community gardens at:
<http://www.bostonnatural.org/>



Recipes:

Follow these links to find **fast and easy recipes** that use some of the healthy food introduction techniques:

- Disguising the vegetable:
If your child likes pizza try a Pizza Panini that hides the healthy broccoli!
<http://www.parenting.com/article/pizza-panini>
- Using child's food preferences:
If your child prefers food with a crunchy texture try crunchy broccoli!
<http://www.parenting.com/article/crunchy-broccoli-bake>

For more information visit:

bmc.org/pediatrics-autism-program

Another Great Option:

Fair Foods Inc.– Two Dollars a Bag Program

The two dollars a bag program allows you to buy a **12 lb. bag of mixed fresh produce**. They suggest a donation of two dollars, but it is not required. Members of the organization prepare the bags daily, so one cannot predict what will be in the bag, but they do all contain fresh produce for a great price!

Find a detailed schedule with various times and locations at:

<http://www.fairfoods.org/dollarbag.html>

Other Resources:

Additional Recipes:

<http://www.parenting.com/gallery/hiding-vegetables-food?page=6>

Cook Books:

- 'The Sneaky Chef' by Missy Chase Lapine
- 'Favorite Family Meals' by Annabel Karmel

Choose My Plate

USDA Website with recipes, tips, and additional resources:

<http://www.choosemyplate.gov/index.html>