

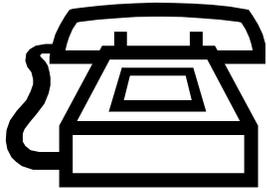
These materials were developed through federal funds from the USDA Basic Food Program and the state of Washington's Department of Early Learning.



The Basic Food Nutrition and Education Plan (BFNEP) for Washington State can help qualifying families secure nutrition assistance and education.



For more information, call:



1-877-980-9220

or go on-line at:

https://wvs2.wa.gov/dshs/onlineapp/introduction_1.asp



Here is an example of the kind of message that is required by federal regulations to be included in your CHOW Cookbook.

Reflections



ECEAP families and staff that CHOW work side-by-side to make community cookbooks. Teams decide how to share eating more colorful fruits and vegetables, and ways to find more fun physical activity. Teams invite other families to share recipes and ideas, too. Teams design and create cookbooks that work best for their community. Teams complete their project by sharing cookbooks, and health and nutrition information, with other ECEAP families and community members.

CHOW Team Members Include:

Did You Know?

Busy adults and children need lots of energy. Eating 5 or more servings of fresh fruits and vegetables each day is a tasty, colorful way to keep your energy level up! And it's low fat, low calorie, low preparation time as well as high in vitamins and minerals.

Favorite Fruits and Vegetables

- *
- *
- *
- *



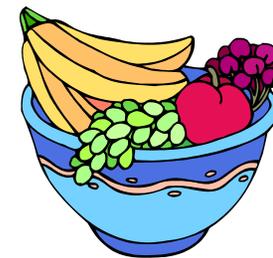
What's Available and Affordable?

Ideas For Preparing Them . . .



What Can I Imagine Doing With My Family?

- Think more about eating fruits and vegetables
- Play tag with my family before dinner
- Give each family member the chance to choose a fruit and vegetable we all try each week
- Walk to the store with my family to buy fruits and vegetables
- Add a fruit or vegetable to every meal
- Dance with my family to silly songs
- Offer fresh fruits and vegetables as snacks
- Retry fruits and vegetable favorites in new ways
- _____
- _____

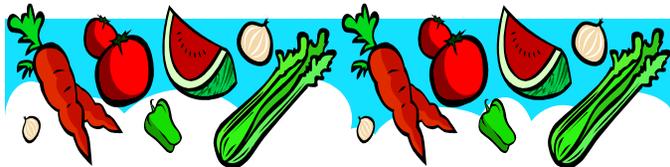


Skills I Bring to the CHOW Project

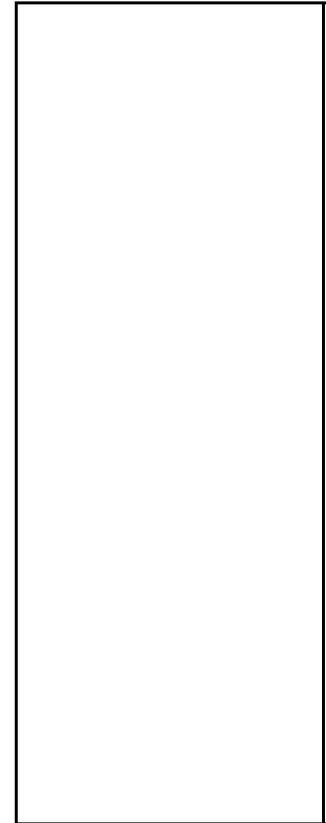
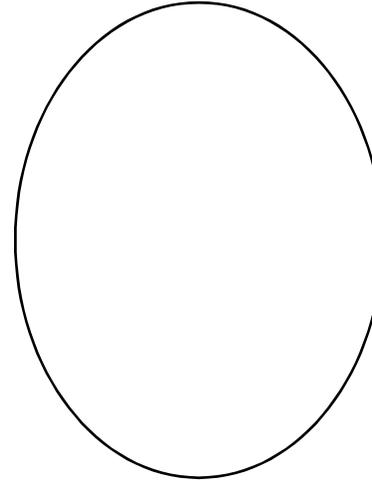
- *
- *
- *
- *
- *
- *
- *
- *

Skills I Gained Working on CHOW

- *
- *
- *
- *
- *
- *
- *
- *



**What Do I Want To See
in A Community Cookbook?**



That's It!





Our Family's Favorite Recipe

A large rectangular box with a thin black border, intended for writing a family recipe. The bottom edge of the box is decorated with a zigzag line, resembling a paper cutout.

My CHOW Cookbook Project Tasks

Four horizontal lines provided for listing project tasks.

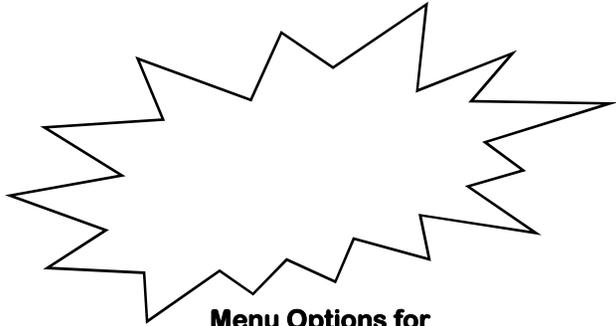
**How Do These Tasks Fit
With My Personal Time Needs for
Work, School, Rest, and Especially Family?**

A large rounded rectangular box for reflecting on how the tasks fit with personal time needs.

What Do I Need To Take Care of Me?

A large heart-shaped outline for reflecting on self-care needs.

Our Favorite Family Restaurant



**Menu Options for
More Healthy Foods Could Include:**

Ideas for Family-Style Dining in Restaurants:



How Do You Fit Physical Activity In To Your Day?

A large, empty rounded rectangular box with a black border, intended for writing answers to the question above.

Did You Know?

When kids spend less than two hours in front of a screen (TV, videogame, computer) each day, they are less likely to crave sugary, high-fat foods and more likely to use their imagination and bodies for physical play. Great indoor games include hide-n-seek, a hallway obstacle course, and bubble catching. Safe outdoor games include jump roping, hopscotch, tag, and walking the dog.

Did You Know?
There are two jobs when it comes to feeding kids . . . parents offer healthy, nutritious food to their children at regular meal and snack times, and children decide how much to eat! Try offering smaller meals with healthy snacks!

Special Meal Times



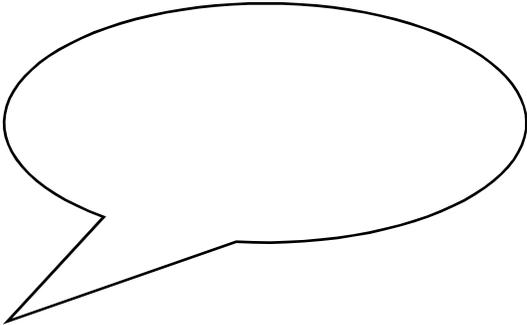
My Ideas

Other's Ideas

~Something to Think About~
**Does Making Mealtime Special
Help Families To Eat More Fruits and Vegetables
and Spend More Time Together?**

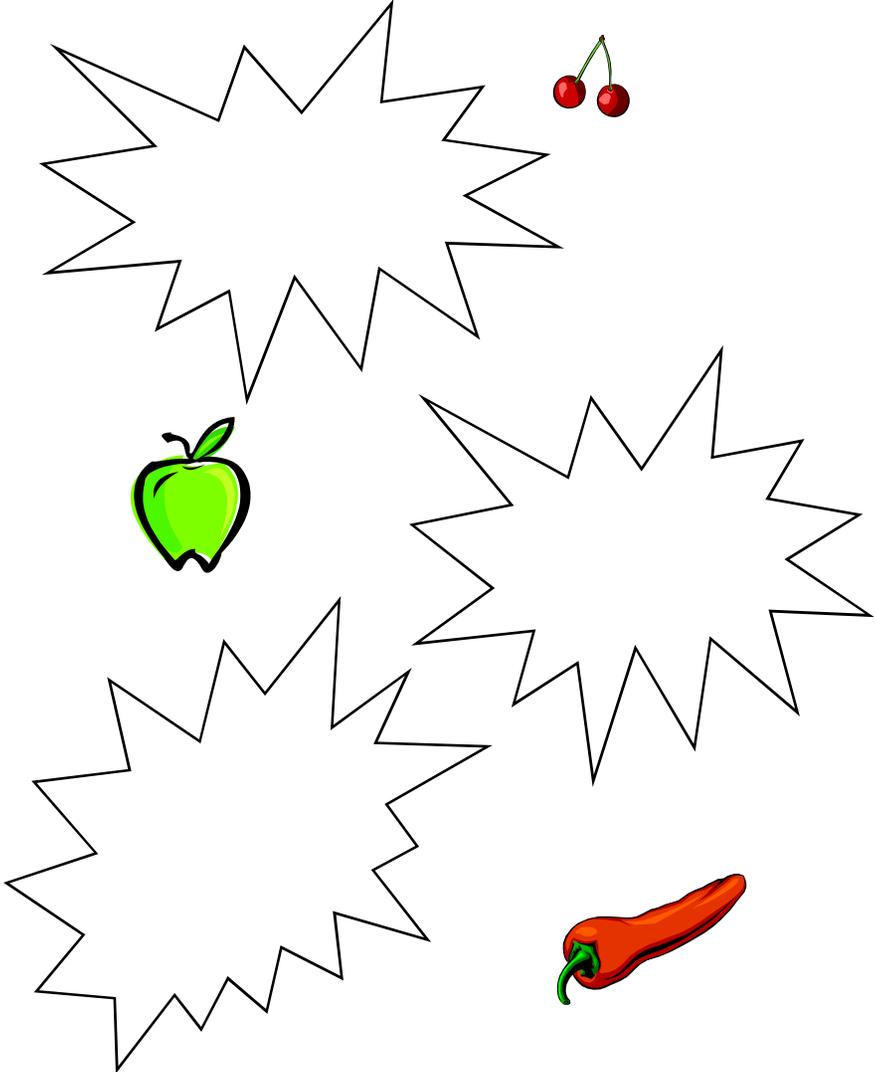


Ideas
Other
Families
Have
Shared
With Me





How Many Ways
Can You Add Fruits and Vegetables
to the Meals You Eat Each Day?



I Am Most Interested In . . .



- **Getting Ideas From Other Families**
- **Thinking of Fun Ways to Increase Fruits and Vegetables For Daily Diets**
- **Finding Safe, Fun Physical Activities that Families Could Do Together**
- **Designing the CHOW Community Cookbook**
- **Finding Community Partners**
- **Getting Artwork About Favorite Foods and Activities from Children**
- **Sharing the Cookbook with Other Parents and Community Members**
- **Preparing Recipes in the Cookbook**
- **Finding Key Nutrition Messages That Would Be Helpful for Families in My Community**

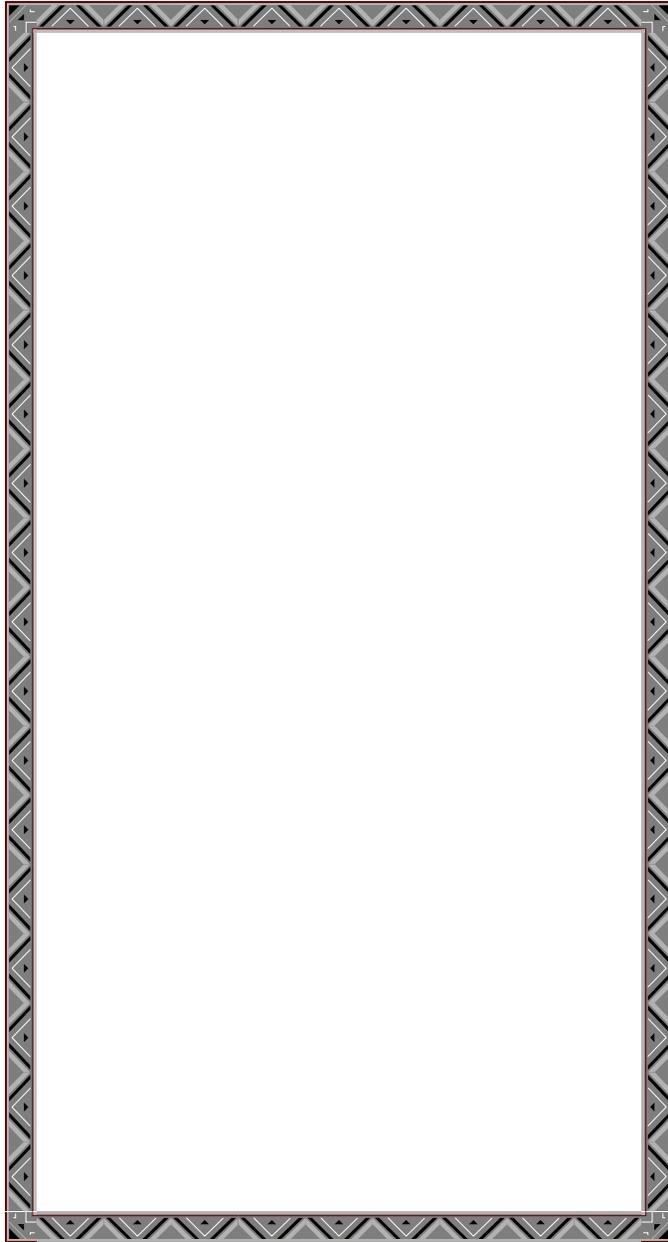
Other Ideas:

Family Fun



What Do You Like To Do?

A collection of three large, empty shapes for drawing or writing: a circle at the top left, a vertical rectangle at the bottom left, and a vertical oval on the right side.



Did You Know?

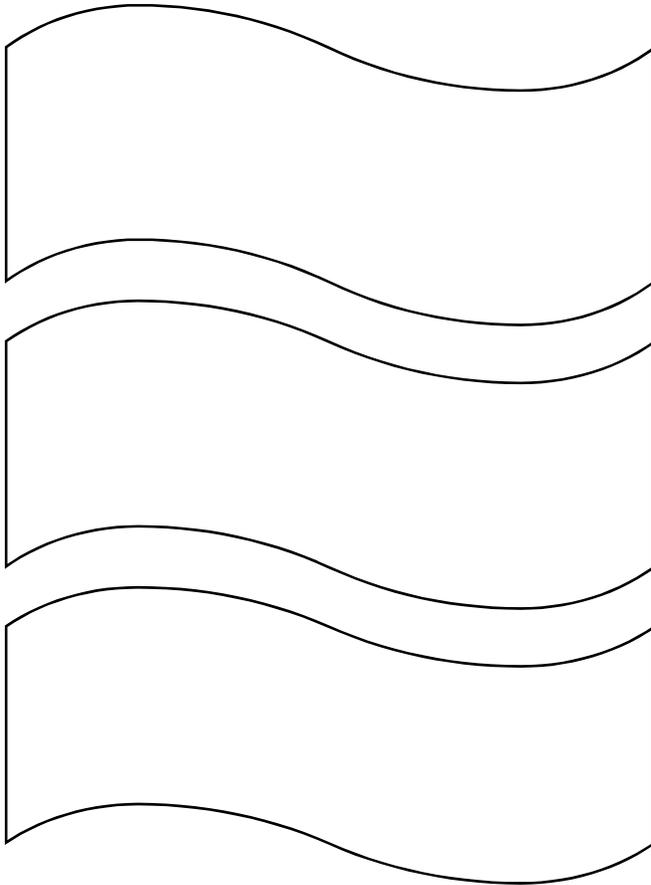
Children say “no” to new foods on an average of 10 times before they finally decide to try a taste? And adults that had to try new foods as children tend to be less willing to try new foods as adults.



Play Your Way to Five-a-Day!

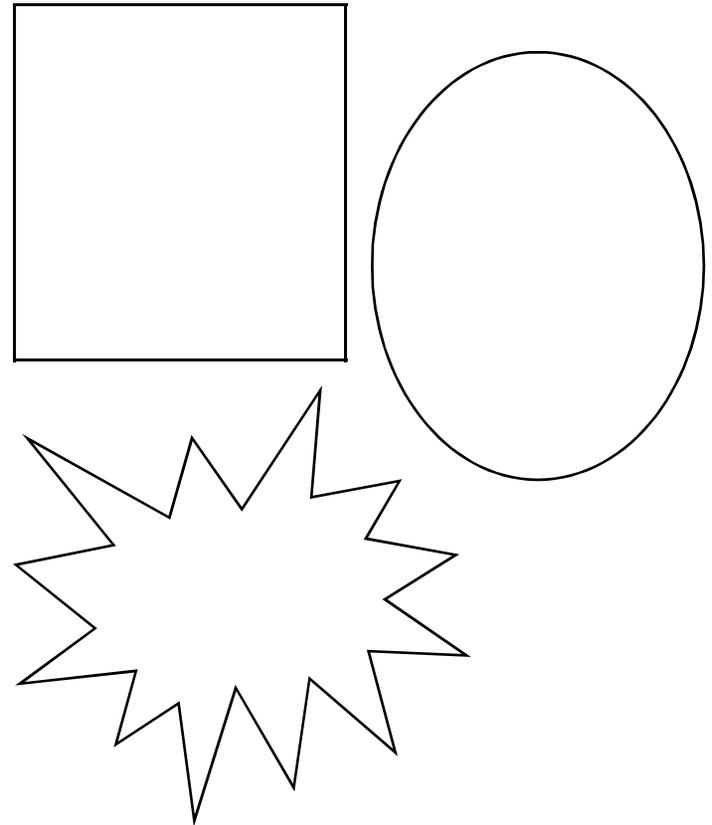
- Eat a tree– broccoli and asparagus spears!
- Sail away on a banana boat!
- Silly Smiles . . . a small orange sliced into pieces that grin at you
- Ants on a Log–celery with peanut butter and raisins

Ideas I Have For Fun, Family Snacks . . .



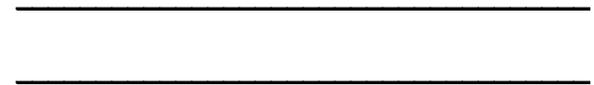
Three vertically stacked rectangular boxes with wavy top and bottom edges, intended for writing down ideas for fun family snacks.

**Information I Found
On Health and Nutrition
That Works For Me and My Family**



A square, an oval, and a starburst shape, intended for recording information found on health and nutrition.

Where I Found the Information



Two horizontal lines, intended for writing the source of the information.