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[The State of the World's Antibiotics – Center for Disease Dynamics, Economics, and Policy](#)

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Smart Meal Choices for Elementary School Age Children

Contributed by Jenny Edmondson, Department of Education

We all want our children to perform well in school and feel their best. Getting kids to eat more fruits and vegetables is a common concern for schools and families across the country. We know that fruits and vegetables help our bodies to stay healthy and perform properly because they are rich in vitamins, minerals, antioxidants, phytonutrients, and fiber. Unfortunately, an overwhelming majority of kids in the U.S. don't meet the recommendations for daily fruit and vegetable intake.



So how can we encourage our kids to eat their fruits and vegetables without causing battles at the dinner table? Certainly, we can talk to them about the importance of a healthy diet so they can grow up strong, play hard, and learn better at school. Here are some additional ideas to get children to eat more of the fruits and vegetables that are so good for them:

- Kids love many colors on their plates. Take advantage of the rainbow of colors of fruits and veggies and offer new items along with tried-and-true favorites.
- Remember that children require repeated exposures to new foods before they will try them and eat them – sometimes what feels like 20 different times! Be patient and encouraging, and don't worry if their "likes" and "dislikes" seem to change from one week to the next.
- Talk with your children about the meals served at school. Ask what they ate and liked. Did you know that school lunches offer fruits and vegetables every day?
- Parents' actions matter! Be a positive role model. Let your child see you enjoying fruits and vegetables, and offer fruits and veggies every day at home to reinforce the healthy habits cultivated at school.
- Involve your children in preparing meals and snacks. Even young elementary students can tear lettuce for salad or wash some cherry tomatoes. Kids are more likely to try something that they helped to make.
- Let your child pick a new fruit or vegetable at the farmer's market or grocery store for a "try me" day each week.
- Put out some cut fruits or veggies for your kids to snack on while you make dinner. Take advantage while they are hungry!
- Consider planting a small garden or some planters with easy-to-grow veggies and fruits. Find out if your school or community has a garden that you and your child can get involved with.
- Try simple, fun names for the healthy foods you serve. Instead of nagging your children to eat their carrots, you can say, "We're having Super X-ray Vision Carrots tonight!"

For more information on finding "teachable moments" that will influence children's choices at home and at school, check out USDA's [MyPlate Kids' Place resources](#).

Halloween Health: How to Have a Fun but Safe Experience This Year

Contributed by Aneesha Maini, Student

Autumn is finally here! It's not only the time of year when you can dress up in your favorite costume and collect candy on Halloween, but it is also the time of year when you have a chance to give out healthy snacks, get physical exercise, and focus on safety.



Ask the Expert!

Please send any questions you may have to knowwhentosayno@pa.gov.


Your questions will be featured in the upcoming newsletters with answers from our collaborators.

If you have any ideas for future newsletters or would like more information, please feel free to contact us.

To unsubscribe, please email us.

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Costume Safety

- Some costumes can be too loose or have dragging capes or cloaks. To avoid tripping and injury, make sure that your child has well-fitting masks, costumes, and shoes.
- Test makeup on a small patch of skin before using it, and always remove it before bedtime to avoid skin irritation. Check the FDA's list of color additives to ensure that the makeup additives are FDA approved. If not, then do not use the makeup.

Trick-or-Treating

- Remind your children to eat only factory wrapped treats.
- Young children should always be accompanied by an adult.
- Avoid eating homemade treats by strangers.
- If juice or cider is served to children at a Halloween party, make sure that it is pasteurized to destroy harmful bacteria.
- Before bobbing for apples, make sure that the fruits have been properly washed under cool water.

Most importantly, make sure to have a safe and fun Halloween! Additional safety tips are available from the [FDA](#) and the [CDC](#).

Flu Season is Upon Us



October marks the beginning of flu season in the United States. Infants 6 months and older are eligible to receive the flu vaccine. Most insurance companies cover the flu shot under preventive care benefits. Please be sure to check with your health insurance plan or your employer to see where you can go for your shot.

It is important to remember that:

- Even healthy people need a vaccine. By getting one, you are not only protecting yourself, but also your loved ones.
- Flu shots cannot give you the flu.
 - Side effects of the flu shot may include soreness, redness, or swelling at the injection site, low grade fever, aches.
- Even if you are afraid of shots, don't avoid the flu vaccine.
- You need to get a flu vaccine every year.

For more information on why you should get a flu vaccine check out [CDC's list](#) of what you need to know.

Get Smart Art Competition

Remember to submit your children's art entries for the Get Smart Art Competition. The deadline for submission is October 31 at 10:00 PM. Children can win great prizes, including Amazon gift cards and hardcover books. Child care directors and home care providers are also eligible for an additional group prize based on participation. Visit our [website](#) for complete entry details.



Looking Ahead ... Get Smart Week is November 16-22, 2015.

- △ November 17 – Governor's proclamation event in State College, Pa. The event will feature an educational morning seminar, followed by a proclamation from Governor Wolf and a visit to the local child care center for a hand hygiene demonstration.
- △ November 18 – Get Smart Week Antimicrobial Stewardship update at Hershey Medical Center.