



# CELEBRATE Feeding Newsletter

**COACHING IN EARLY LEARNING ENVIRONMENTS TO BUILD A RESPONSIVE APPROACH TO FOOD & FEEDING**



**Meet Early Years Nutrition Coach Elizabeth Dickson**

Elizabeth Dickson is the Early Years Nutrition Coach in Nova Scotia. She works closely with the Early Years Nutrition Coach in Prince Edward Island, Margaret Young. Together, Elizabeth and Margaret support child care centres to enhance responsive feeding environments.

Elizabeth is a Registered Dietitian with a Masters degree in Nutrition Communications from Toronto Metropolitan University (formally Ryerson University). Elizabeth's extensive dietetic experience includes her work as a pediatric nutrition educator in the community, and collaboratively supporting educators in the educational system. She is excited to collaborate with centres participating in the CELEBRATE Feeding project.

## WELCOME

The CELEBRATE Feeding team is excited to share our first newsletter! Published monthly, this will be a place for us to provide updates about the project and offer responsive feeding information.

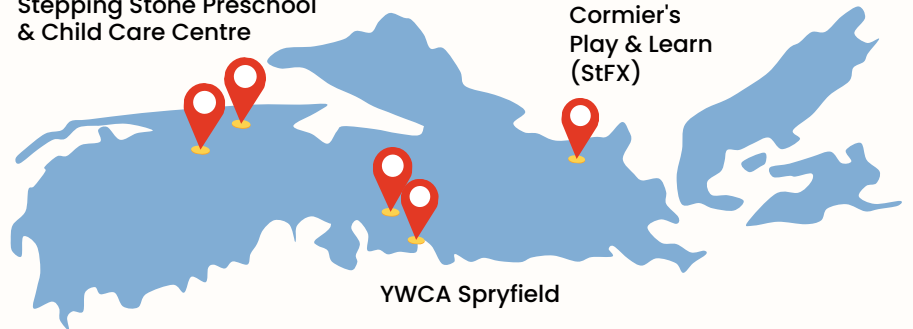
We are excited to welcome nine child care centres to the CELEBRATE Feeding project. Five centres in Nova Scotia and four centres in PEI are participating in the study. Welcome to all the directors, educators and families. We are looking forward to working with you!

## Participating Centres in Nova Scotia

Greenwood Military Family Resource Centre

Stepping Stone Preschool & Child Care Centre

Cormier's Play & Learn (StFX)



YWCA Spryfield

Crestview Children's Centre



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## Pumpkin Carrot Muffins

**Prep time:** 15 minutes

**Cook time:** 25 minutes

**Makes:** 24 muffins

### Ingredients:

- 1/2 cup canola oil
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 2 large eggs at room temperature
- 1 cup pumpkin puree
- 1/2 cup plain yogurt or sour cream
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt (optional)
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1 cup finely grated carrot

### Instructions:

1. Preheat oven to 350°F and grease or line muffin tins.
2. Mix oil and sugar until evenly combined. Add eggs one at a time, beating well after each addition. Stir in pumpkin, yogurt or sour cream, and vanilla.
3. In a separate bowl, mix flour, baking soda, baking powder, salt and spices. Once mixed, slowly combine into the pumpkin mixture. Add the grated carrots and mix until just combined.
4. Spoon batter into prepared tins and bake for 25 minutes, or until a tester inserted in the center of the muffin comes out clean. Cool for 15 minutes in the tins before removing and placing on a cooling tray to cool completely.

\*If the batter seems too thick, add 1/4-1/2 cup of milk to the wet ingredients.

Source: [www.unlockfood.ca](http://www.unlockfood.ca)

## Tips: When Introducing A New Recipe

**Tip:** Help the children become familiar with the dish before serving it for the first time. Show them pictures, talk about the recipe steps, allow them to see and touch the ingredients if possible.

**Tip:** Serve a new dish alongside a familiar and widely accepted food. This way, children know there is something that they like available to eat, and they are less likely to feel stressed about the new and unfamiliar food.