



CELEBRATE Feeding Newsletter

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



Meet Early Years Nutrition Coach Margaret Young

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

Margaret is a Registered Dietitian with a Masters degree in Applied Human Nutrition from Mount Saint Vincent University. Margaret has extensive experience in community nutrition, resource development and teaching nutrition to groups and individuals. She is excited to be working with the CELEBRATE Feeding project. and the participating centres in PEI.

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 PEI





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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

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.