

News Notes To Parents

Purdue University Cooperative Extension Service of Wells County

October 2023

Feeding Children When They Are Sick

Contributors: Esther Ellis, MS, RDN, LDN

Published: January 27, 2021; Reviewed: January 13, 2021



Stock Image by Pixabay.com

In spite of all your efforts to stay healthy, your child has caught a bug. Did you know children, on average, get between eight to 10 colds per year? That is generally until kindergarten when they've built up their immunity. Although there are no cures, there are some things you can do to keep little ones comfortable and well-nourished while they're fighting the virus.

Children should get plenty of rest and sufficient fluids. But what are your best bets for feeding kids when they are mildly sick with a little sneezing, a cough and a runny nose?

Diluted fruit juices, water, soup and broth are great ways to replenish fluids. If your child has a fever, vomiting or diarrhea, follow your pediatrician's recommendations for replacing fluids. Older kids may benefit from herbal teas with honey and lemon.

Give Them Some Fruit. There may be no solid evidence to suggest vitamin C will cure a cold, but its antioxidant properties can't hurt. Good sources of vitamin C include lemons, limes, oranges, grapefruit and berries.

Offer your child a variety of soft fruits; they are not only full of vitamins and minerals to support good health and immunity, but also contain a good deal of water to help support your child's fluid needs. Frozen sliced fruits are

convenient and easy to thaw, and they won't spoil as quickly as fresh fruit. Here are a couple of ways to serve them:

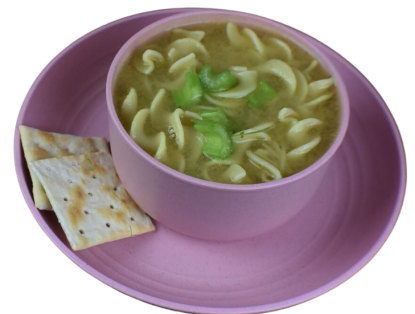
- Slightly thawed fruits, such as blueberries or strawberries, offer a cooling sensation on the throat. Another option is to make or purchase frozen fruit bars (look for those with little or no added sugars.)
- Blend frozen fruit chunks into a smoothie using low-fat or fat-free milk or fortified soy beverage.

Delight Them with Their Favorites. But don't overdo it. A sick child may have a poor appetite so serve up mini meals based on their favorite types of foods. Frequent small meals are easier to digest and will help meet their energy needs. Steer clear of rich, fried, greasy foods and lean toward simple starches such as rice and noodles, as these are easy on the stomach. Try bananas, rice, applesauce or toast if they are a bit queasy. If you can get in some vegetables, go for it, but focus more on getting kids nourished.

Try Chicken Soup.

Try making your own from last night's roasted chicken or buy low-sodium stock. Soup is warm, soothing and an accepted remedy. It also will help

provide for your child's fluid needs. For a more filling soup, add some rice or noodles and cooked, chopped vegetables. A couple tablespoons of oat flour can be used to thicken soups while heating.



Stock Image by Pixabay.com

Source: *Academy of Nutrition and Dietetics*
www.eatright.org

Better Money Habits: How to Get Started With Savings

1. Plan and prioritize what you would like to save for. It might be a home, education, car, or a rainy-day fund. Decide if it is short-term goal (a couple of months), a medium-term goal (about a year), or a long-term goal (something in the distance future). You might have several goals.
2. Set a savings goal. Write down your goal. Share your goal with someone to keep you accountable.
 - Get specific with your goal. Ask yourself: What do I need to accomplish my goal? How much do I need to set aside to achieve my goal? What tools and resources do I need to help me reach my goal? What obstacles can I remove to achieve my goal? When do I want to reach my goal?
3. Make an action plan. Calculate a savings target. For example, \$600 to take family to an amusement park next summer. Save \$60 a month for the next 10 months to have \$600 by next summer.
4. How to save more in your current situation? Brainstorm to find ways to earn more money. Host a garage sale or volunteer for overtime occasionally. Cut back on unused subscriptions, reduce eating out, or save at the grocery store by making and sticking to a list.
5. Think about how much can I save this week/month? Focus on habits you can change. Reflect on your progress for motivation. Don't let a bad week derail your efforts.



Stock Image by Pixabay.com

Source: *Consumer Finance Protection Bureau*

Chili-Roasted Pumpkin Seed Munchies

Ingredients:

Pumpkin Seeds:

3 cups raw pumpkin seeds

1 tablespoon olive oil

1 pinch sea salt

Seasoning:

olive oil spray or nonstick cooking spray

1 tablespoon chili powder

1 teaspoon cumin

1 pinch sea salt

Preparation:

1. Preheat oven to 300 F.
2. Line a baking tray with parchment paper and add the seeds. Add olive oil and sea salt and mix together with your hands, ensuring each seed is covered in oil and salt. Then, spread the seeds out on the baking tray so there's one even layer.
3. Roast for 25 to 30 minutes, shaking the pan and/or stirring the seeds halfway through to prevent burning and encourage even roasting. The seeds are finished when they turn golden-brown.
4. Once hot out of the oven, lightly spray with oil, then sprinkle with chili powder, cumin and sea salt. Toss the seeds in the seasoning and then allow them to cool down to harden and become crispy and crunchy.

Source: *Accessible Chef – Accessible Cooking for Budding Chefs*

Molly Hoag, Health & Human Sciences Educator

www.extension.purdue.edu/wells

News Notes To Parents is a product of Purdue Extension—Wells County. If you have comments or need information, call (260) 824-6412 The office is located at 1240 4-H Park Road, Bluffton, IN 46714 **Tell someone about us!**



Extension - Health and
Human Sciences