

Director's Notes

Learning to Eat Healthy Foods



March 2024

Zion Lutheran ECEC

204 S. Grant Street
Hinsdale, IL 60521
630-323-0065

www.zionhinsdale.org

Upcoming Dates:

- ☉ March 10- Art Show 9:30
Zion Lutheran Church
- ☉ March 13 & 14 -Grand
friends Day
- ☉ March 18 Chapel
- ☉ March 25 -April 1—No
school Spring Break & East-
er

The full School Calendar can
be found on our school web-
site.

<http://www.zionhinsdale.org>
zionlutheranecec@gmail.com

Facebook: [facebook.com/
zionECECHinsdale](https://www.facebook.com/zionECECHinsdale)

Instagram: [Instagram.com/
zionecechinsdale](https://www.instagram.com/zionecechinsdale)

YouTube: [YouTube.com/Zion
Lutheran ECEC Video](https://www.youtube.com/ZionLutheranECECVideo)

*"This is the day
the Lord has made"
.Psalm 118:24*



"The mission of Zion Lutheran Church and
Early Childhood Education Center is
"Building and Strengthening Relationships
with Jesus and Each Other & Opening the
Door to a Lifetime of Christian Education."

Good nutrition is important to all of us, but it is especially important to young children. The food choices made at an early age affect a person's health and wellbeing, and eating habits are established at an early age. Sugar-filled breakfast foods, empty calorie snacks, and the lack of fiber in a child's diet can cause not only health problems but learning problems, too. Here are some tips that can help you guide your child in healthy food choices.

Allow your child to help prepare foods by giving him/her a vegetable brush to clean several stalks of celery. Or occasionally let your child use a dull knife to cut up pieces of banana, strawberry, melon, or other fruit to put in a salad or have fun dipping in whipped cream or chocolate.

Have a nutritious snack on hand by mixing nuts, raisins, pretzel bits, and sugarless cereal together. Also resist having high calorie, expensive snacks around the house so it doesn't become a problem.

Offer small portions, even though we often think that a child must eat a regular portion of a food he does not care for. A bite full is better than nothing or a fight.

Make family dining in the evening a special time of relaxed talk and enjoyment. Expect children to eat dinner during that time. If a child chooses not to eat his/her meal, than without lectures or threats, do not offer any other foods, no matter what, throughout the evening. No dessert or bedtime snack will soon give the child a clear message about his/her eating habits.

With the busy pace of families today, you need to plan a few hours one day a week to get healthy food choices ready to grab from the shelf or freezer at a moments notice. This is not only economical but healthful, too.

Be a good example because the habits of the parents are a powerful influence on the child. Take time to prepare and serve nutritious meals and avoid the pizza-fast food routine.

What a great opportunity we have to shape the nutritional habits of our children for better health and better living. Remember the story of Daniel, a young Jewish boy, whose eating habits were honoring to the Lord. Read about this courageous young man in Daniel 1:8-15

"Give us nothing but vegetables to eat and water to drink" Daniel 1:12

Parent Connection by Karin Klein

Snack and Lunches at Zion

Zion ECEC provides snacks and lunches and doesn't permit food to be brought into the center. We desire to do all we can to protect children with food allergies. Snack and lunch menus are posted on the classroom bulletin boards and meet the nutritional guidelines for the State of IL. Copies of the menus are available at the front desk.

Zion ECEC provides an enrichment class that offers experiences in making food. "Creative Cooking" for children to learn and/or express creativity around a preparing food. Snack and Lunch times are not just delicious and fun they support Illinois Early Learning and Development standards in the areas of Health and Social Studies.

Summer Camp

Let your child's learning continue through the summer, Join us for Summer Camp! We offer hands-on and interactive camps that encourage learning in a fun relaxed, Christ centered environment.

Jump into Summer—May 28 to June 7, 2024 & Summer camp—June 10 to August 2, 2024

Enrollment is open for the 2024-2025 school year.
If you have any friends who are looking into preschools, pass along a good word of mouth for
Zion Lutheran Early Childhood Education Center. Thanks!