

AUGUST – THE THREE SISTERS

“Nibble with Willow” at Home

Goal: Explore zucchini, corn, beans and tomatoes in family meals

RECIPE: Three Sisters Salad

Activities to do with your child:

- Shop for veggies together.
- Make the 3 sister salad together.
- Wash the vegetables.
- Help serve plates.

Nurture your Child's Curiosity for Food:

- What shape and color is the zucchini?
- Compare the cannellini beans and the corn
- What is the smell of the basil? The taste?
- Are there seeds inside the tomato?
- Try a tomato. What does it taste like?
- Say “1,2,3 Nibble!” and then taste the new food together.

TIPS FOR PARENTS

Feed mostly whole foods and minimally-processed foods to children

- Follow MyPlate.org

Avoid feeding children ultra processed foods

- Ultra processed foods increase risk of obesity.

Example of Ultra Process Foods

- Ready meals, breakfast cereals, crisps, chocolate, biscuits, cakes, sausages, fruit yoghurts, chicken nuggets, fish fingers, instant noodles, fizzy drinks, baked beans.



THREE SISTERS SALAD



INGREDIENTS

1 medium	Zucchini
1 ear	Corn or 1 small can of Corn, drained
1 can	White Cannelini Beans, drained and rinsed
15	Grape or Cherry Tomatoes
5 sprigs	Basil, fresh
1	Lemon
2 tablespoons	Olive Oil
	Salt and Pepper to taste



Prep Time: 15 minutes
Makes 6-8 servings

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

1

ADULT & CHILD

Help SHRED the zucchini using a shredding tool or grate with grater, using the setting for the largest size pieces. Place shredded zucchini in a large mixing bowl.

2

ADULT

SLICE the kernels off the fresh ear of corn, or if using canned, ADD drained corn to the bowl.

3

CHILD

ADD the drained beans to the bowl. MIX well.

4

ADULT & CHILD

Help SLICE the grape/cherry tomatoes in half using a table knife. ADD to bowl.

5

ADULT & CHILD

REMOVE the basil leaves from the stems. Help CHOP the leaves and ADD to the bowl.

6

ADULT & CHILD

Help MEASURE the olive oil and ADD. Help SQUEEZE the lemon over the bowl and MIX well. SEASON to taste with salt and pepper. NIBBLE and ENJOY!