

# Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



## Hidden Sugars

### Tūtū Noe Chooses Healthier Food for Zain (age 3)

#### Before:

Zain's breakfast looked "healthy"- fruit yogurt, cereal, and juice. But after breakfast, Zain was bouncing off the walls, and then crashed by mid-morning. Zain was often tired or moody by lunch.

#### Now:

Zain's tūtū swapped foods with less sugar and added whole foods. She began checking labels and made food prep part of their routine. Zain still enjoys yummy breakfasts with less sugar and more balance!

### What Helped Tūtū Noe and Zain

	Tūtū Noe modeled healthy eating by reducing sugar herself. Instead of packaged cereal bars, they ate sliced avocado, cheese sticks, banana and 'uala.
	Tūtū Noe began reading food labels. She learned that "fruit juice concentrate" meant added sugar.
	Zain helped Tūtū Noe prep his bento and choose his own fruits and veggies.
	Tūtū Noe made time to food prep. They baked muffins with no added sugar and called them "power cakes!"



Try one small change this week! Ask yourself:

- Can I look up the many names for added sugar?
- Are my keiki's go-to snacks low in added sugar?
- Can I switch one packaged item for a homemade option?
- Am I reading food labels and talking about our choices?



# RESOURCES AND MATERIALS



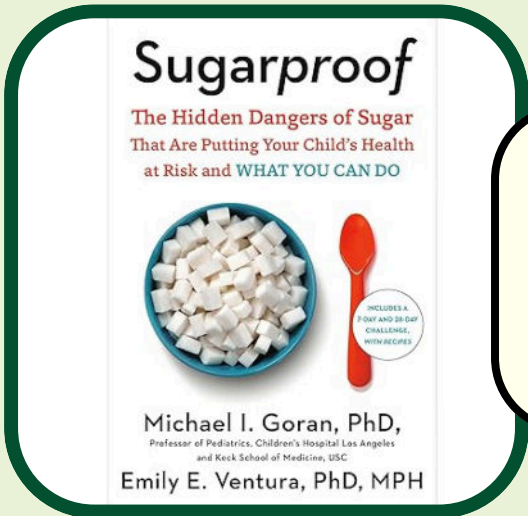
## Keiki Cooking Utensils

Keiki cooking utensils are designed with safety in mind, encourage age-appropriate cooking tasks, and promote a positive relationship with food.



## Hand Press Juicer

Hand press juicers are easy enough for keiki to press and make their own fresh juices.



## Caregiver Resource Book

Identify sneaky sources of sugar in keiki's diets, and explore realistic solutions to reduce sugar consumption.

These resources support all keiki. If a developmental screening or assessment suggests a delay in keiki, caregivers should consult their primary care physician. Staff do not diagnose keiki, and any disclosed diagnosis from a caregiver will be kept confidential.