

Expanded Food and  
Nutrition Education  
Program

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## The Market Basket

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**Ways to Save Money and Eat Healthier**  
**EXPANDED FOODS AND NUTRITION EDUCATION PROGRAM**

**January 2006**

**Hi Everyone:**

**Hi Everyone! I hope the New Year finds you all well and happy and on your way To a safe and successful 2006. With the start of a New Year everyone is thinking of New Years Resolutions. One of the things most people decide to do is to lose weight or to eat healthier. This is a good time of year to start examining your eating habits and your families. In this issue we will address some ways to eat a more healthy diet to help prevent chronic diseases. Also in this issue will be some tips to become more active everyday. I hope you enjoy this issue. Happy New Year!!**

**L. Joyce Tompkins**

**EFNEP Program Asst.**

**Do you have a health habit you wish you didn't have? At a young age, habits are just beginning to form. Your child watches what a Parent does. Now is a good time to change and develop healthy eating and exercise habits for you and your child. Eating a diet with plenty of fruits, vegetables, and grains is very important. A good Reminder is the darker the color especially in vegetables, the more nutrients in the food. Eating too many calories or too much fat in the diet can increase the chances of some forms of Cancer. Make changes to reduce fat in your children's diets gradually between the ages of two and five.**



**The following Healthful Snacks are easy to make and provide your children with energy:**

**Fresh fruit or canned fruit in its own juices**

**Peanut Butter spread on apple slices or celery**

**Crackers or vegetables with yogurt dip**

**Low-Fat yogurt**

**Pudding made with low-fat milk**

**Low-fat cheeses on whole grain crackers**

**Fruit juice bars or frozen yogurt**

**Animal crackers, raisin or fruit bars, ginger snaps**

**Fresh fruit or canned fruit in its own juices**



#### **TIPS TO BECOME MORE ACTIVE EVERYDAY:**

**Use the bathroom farthest from your office at work. Use a bathroom on a different floor at home. Likewise, do the same when you're away at conferences and meetings. Put on a backpack and walk for errands of about 1-mile away or less. For example, walk to buy an item from a nearby shopping center or to pick up your medications from the pharmacy.**

**Buy the type of carry-on luggage that makes it easy to walk in the airport when waiting to catch planes. For example, use a backpack or rolling luggage. There are many new models of rolling luggage small enough to put under your airplane seat in place of the tote bag you may be carrying.**

**Take the stairs instead of the elevator whenever possible.**

**Take a "foot" rather than a "food" break when you need some time away from your work. Walk up and down a hall, walk around the building or block, go up and down the stairs, etc.**

**Walk to someone's office rather than sending an e-mail**

**Exercise with your child. Take them to the local swimming pool or play in the garden or Local Park.**

**Find out if there are activities available at your child's school for the local community. Many schools use their facilities for sports and exercise classes in the evenings and at weekends.**

## SMOOTHIE AND SNACK RECIPES:

### Strawberry Yogurt Shake



Serves 2

**1/2 cup unsweetened pineapple juice**

**3/4 cup plain low-fat yogurt**

**1-1/2 cups frozen, unsweetened strawberries**

**1 teaspoon granulated sugar**

**Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.**



### PEACH-RASPBERRY SMOOTHIE

**Using frozen fruits helps thicken the smoothie. To freeze fresh berries, wash them thoroughly under running tap water, pat dry with clean paper towels and freeze in a single layer on a rimmed cookie sheet. Transfer to a freezer bag when frozen. Pour out as needed.**

**1 cup unsweetened, frozen raspberries 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)**

**1/2 cup fruit-flavored, low-fat yogurt (try peach)**

**Directions: Blend all ingredients well in blender, and drink!**



## **Cinnamon Snack Mix**

### **Ingredients:**

- 5 cups honey graham cereal**
- 3 cups bear-shaped graham cookies**
- 2 cups ramen noodles, crushed**
- 3/4 cup sliced almonds**
- 1 cup golden raisins**
- 1/3 cup butter**
- 1/3 cup honey**
- 1 teaspoon orange juice**

### **Preparation:**

**1** Preheat oven to 375 degrees F (190 degrees C). **2** In a large bowl, mix honey graham cereal, bear-shaped graham cookies, ramen noodles, almonds and golden raisins. **3** In a small saucepan over low heat melt butter and blend in honey and orange juice. Spread over the honey graham cereal mixture and toss to attain an even coating. **4** Spread mixtures onto a large baking sheet. Bake 10 minutes in the preheated oven.

## **Pyramid Yogurt Sundae**

- 2 cups of nonfat vanilla flavored yogurt**
- 3 bananas**
- 1/2 cup coarsely crushed cereal**
- 1/2 cup chopped nuts**

**Divide yogurt between 5 serving bowls. Slice the bananas and place in a bowl. Place crushed cereal in a bowl. Place chopped nuts in a bowl. Have the kids top their yogurt with bananas, cereal and nuts. Enjoy!**



## **FUN FRUIT KABOOBS:**

### **Ingredients:**

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 c. dried coconut, shredded

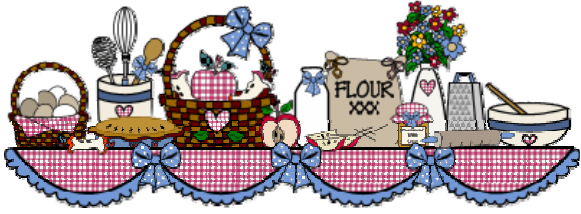
### **Utensils:**

knife (You'll need help from your adult assistant.)

- 2 wooden skewer sticks
- large plate

### **Directions:**

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.



### **Peanut-Packed Munch Mix:**

- 5 cups bite-size shredded wheat biscuits**
- 6 cups unsalted peanuts**
- 1/4 cup creamy peanut butter**
- 2 tablespoons margarine or butter**
- 1 tablespoon honey**
- 1/2 cup raisins**

**Preheat oven to 350 degree F. In a 13x9x2-inch baking pan combine shredded wheat biscuits and peanuts. Set aside. In a small saucepan heat together peanut butter, margarine or butter, and honey. Drizzle over cereal mixture, tossing to coat. Bake in the 350 degree F oven about 10 minutes, stirring twice. Cool in pan on a wire rack about 10 minutes. Stir in raisins. Store in a tightly covered container at room temperature for up to 1 week. Makes 8 cups**

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