

The Market Basket



Expanded Food and
Nutrition Education
Program



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Stretching your Food Dollar Tips:



1. Use Everything, when you are cooking, think about how you can get every last food mile out of what you are making. Meat bones and vegetable trimmings can be made into wonderful [stocks](#). Leftover vegetables and meats can be thrown into the same stock for free soups and stews or put into pot pies, homemade "hot pockets", crepes, casseroles, you name it. Look at food waste in an entirely new light, try to get every thing out of your food dollar!
2. Use your leftovers -- Get a free meal by saving those leftovers. If you think you will forget about them, label them and freeze. On leftover night, have a smorgasbord. You can also create "party trays" with smidgeons of this and that arranged prettily. Restaurants offer these, why can't you?
3. Cut down or stop eating at restaurants -- Make it a special occasion to go out to eat rather than a common event. Eat out once a month and use coupons to cut costs even further.

Welcome,

Spring is here! In this issue We are going to discuss the importance of **WHOLE GRAINS** in your diet and ways to sneak added nutrients in your Children's diet. Also in this issue, ways to help your child to be more active and recipes for kids. We also are starting a new column on Tips for cutting your Grocery Bill, each month a few tips will be submitted for readers to read. Remember the Extension Office is your Resource Headquarters for everything from Nutrition and 4-H to Gardening/Agriculture to Natural Resources (863)519-8677 Have a great Spring!

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What's a whole grain?

Whole grains contain the entire grain kernel (rich in fiber and other nutrients) while refined or "enriched" grains have the outer covering and germ removed, leaving only the starchy endosperm (by law, refined grains have to be enriched with B vitamins and iron since most of these nutrients are lost in processing). Whole grains are superior to refined grains because they include additional fiber, vitamins, minerals and hundreds of beneficial photochemical. Regular consumption of whole-grains is important for digestive health, reduces the rate of coronary heart disease and decreases the risk of several types of cancer. Surveys show that most Americans are lucky to consume even one serving of whole grains daily.

What are some examples of whole grains?

- Products made with 100% whole wheat flour, such as breads, cereals, pasta, pancakes and waffles
- Bulgur (cracked wheat)
- Brown Rice
- Oatmeal
- Stone ground corn Meal or grits (not the determinate varieties)
- Cereals made from wheat bran.
- Popcorn



Sneaky Ways to Add Nutrients in your Children's diet:

There's a number of ways to add nutrition without your child noticing. Wait until he's accepted the dish before you let him in on the secret. Here's a few ideas to try:

Popeye's favorite: Finely chop drained spinach (frozen or canned) and add to tomato-based pasta and pizza sauces (the kids won't notice or they will think they are herbs).

Make smoothies and freezer pops by blending fruits such as bananas, berries, and various "lite" canned fruits. Because you are using whole fruit (as opposed to juice), you will be providing a fiber boost for your child.

Use canned pumpkin in muffins and cookies (you can cut down on fat while adding beta-carotene and fiber).

Toss small white or kidney beans into tuna or chicken salad.

Add extra vegetables to your child's favorite soup. Often, kids forget they're eating "vegetables" when it's part of a soup or stew.

When tossing a salad, toss in some or all of the following ingredients: kidney, cannelloni, or garbanzo beans; chunks of artichoke hearts, small "grape" tomatoes, grated fresh carrot or summer squash and whole baby corn.

Substitute whole wheat flour in baked goods. If you are worried about the quality of the product, start with a partial substitution and gradually add a larger percentage each time. The blueberry lemon muffins below contain only whole wheat flour.

If your child isn't a milk-drinker, think of dishes that you can use nonfat or 1% milk as a major ingredient. Examples include tomato soup, pancakes, puddings, macaroni & cheese and mashed potatoes.



Is it important for children to eat whole grain foods?

Whole-grain foods contain essential vitamins and minerals that provide carbohydrate fuel that the body needs for energy. Also whole grains contain more dietary fiber that is good for heart health and the digestive system. People who eat more grains tend to have lower body weights and are less likely to develop Type Two diabetes and cancer. Whole-grain foods contain essential vitamins and minerals that provide carbohydrate fuel that the body needs for energy. Also whole grains contain more dietary fiber that is good for heart health and the digestive system. Do your kids eat cereal in the morning? Switch to one of the many whole-grain cereals now available. The number of whole-grain cereals—both hot and cold — has grown. Check the label before purchasing to be sure it says made with whole wheat (oats, rice, etc) rather than just “wheat” flour.



RECIPES:

Blueberry Pancakes:

Use your favorite pancake mix or baking mix (like Bisquick®), mix up a batch of pancake batter. To the batch, add ½ to 1 cup of fresh blueberries, washed and well-drained. Bake as usual on a heated griddle or skillet. Serve with more blueberries or with maple syrup.



17 ways Parents can Help Children be more Active :

1. For optimal health, experts agree that children need to accumulate 60 minutes of moderate activity (e.g. brisk walking) everyday and do more vigorous activities 3 times/week. How do we help our children lead more a
2. Be a role model! Show children how being active is fun and makes you feel good.
3. Move with your kids! Instead of just watching soccer practice, walk up & down the sidelines. Join a karate class together. Rather than watch your child at the playground, swing, slide and climb with your child.
4. Encourage your child to be a participant rather than an observer. Encourage them to play T-ball or to shoot baskets rather than watching folks do it on TV.
5. Plan family events that include activity. Go for a walk, hike or bike ride rather than rent a movie.
6. If you aren't comfortable allowing your child to play in your neighborhood, transport your kids to a safer place to play.
7. Monitor TV and "screen time". Limit your child to 2 hours/day or less. Have your child "earn" time for these "lower voltage" activities by accumulating minutes of activity.
8. For birthdays and holidays give gifts that promote an active lifestyle—bikes, balls, jump ropes and skates are great choices.
9. When you drive somewhere, park a few blocks away and walk with your kids to your destination.
10. Teach your kids to take the stairs rather than the elevator.
11. Encourage your children to walk or bike when they go to school, run errands or visit classmates.
12. When watching your favorite family TV shows, get up and walk around or take a stretch break with every commercial.
13. Avoid drive thrus. Park your car and walk in
14. Try musical housework. Put on your family's favorite tunes and dance while you vacuum or dust!
15. Encourage family members to stretch or walk while you talk on the phone
16. Encourage you children's school to offer daily physical activity. Schools that do this notice children learn better when they have physical activity built into their day.
17. Encourage your children's school to offer quality physical education programs that teach students skills that will keep them active throughout their lifetime.



Awesome Carrot Muffins

- 1 cup raisins
- 2 cups warm water
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 whole eggs and 2 egg whites
- 1 cup applesauce
- 3/4 cup brown sugar
- 3 cups shredded carrots

Combine raisins and water in a small bowl. Let soak for 15 minutes. Drain raisins, discard water and set raisins aside.

Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.

In a large bowl, sift together flour, baking powder, baking soda, salt and cinnamon. In a separate bowl, combine eggs, sauce and brown sugar; beat well. Combine egg mixture and flour mixture; mix just until moistened. Fold in carrots and drained raisins. Spoon into prepared muffin cups.

Bake in preheated oven for 20 to 30 minutes. Let cool for 30 minutes.



PERSONAL PIZZAS

- 1 standard-sized bagel, cut in half

- 3 Tbs. Tomato sauce

shredded mozzarella cheese toppings like (diced green pepper, chopped onion, or chopped tomato, whatever you like) seasonings like; oregano, basil, and pepper

Set your oven to low heat. (250 degrees Spread tomato sauce on each bagel half. Add your favorite toppings. Put a light sprinkling of seasonings on each half. Put your bagel halves on the baking sheet. Bake in the oven on low heat for about 5 to 8minutes. You'll know they're done when the cheese is bubbly. Let cool for a minute. Let cool for a minute, then enjoy!

Home Made pretzels:

- 1 tbsp. yeast
- 1/2 c. warm water
- 1 tsp. honey
- 1 1/3 c. flour
- 1 tsp. salt



Do-It-Yourself Soft Tacos

Utensils:

- oven
- small bowl
- mixing spoon
- medium-size bowl
- cutting board, sprinkled with flour
- baking sheet, sprayed with nonstick spray
- measuring cups and spoons

Directions:

1. Preheat the oven to 325 degrees Fahrenheit (165 degrees Celsius).
2. Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit for 5 minutes.
3. Mix the flour and salt together in a medium-size bowl.
4. After the 5 minutes is up, check on the yeast mixture. It should be bigger than before and a little bubbly. Add this mixture to the flour and salt mixture.
5. Stir everything together. Use a spoon to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky.
6. Put the dough on the cutting board and knead it like you are playing with clay. Knead it into one big ball.
7. Break off a piece of dough that's about the size of a big gumball or superball. Use your hands to roll it into a skinny snake.
8. Twist the snake into a medium-size pretzel shape, and put it on the cookie sheet. Do this with all the dough, making 12 pretzels.
9. Bake your pretzels for 10 minutes. Let them cool and take a bite!



An adult or older child will need to chop some of the ingredients for these quick tacos, as well as cook the meat for the filling. Prepare the following additional fillings; they can be refrigerated ahead of time:

- Chopped tomatoes
- Chopped lettuce (iceberg lettuce works best)
- Coarsely grated cheddar or Monterey Jack cheese
- Chopped avocado, onion, or other ingredient your kids like
- Sour cream (if desired)
- Red or green taco sauce (if desired)

Cook ground beef seasoned lightly with a bit of chili powder and cumin or shred cooked chicken. One of these will make the main filling for your tacos.

Warm flour or corn tortillas. Fill with the desired meat. Let the kids put any of the items listed above in the tortillas to finish their own customized tacos.

Living Well: Healthy, Wealthy and Wise

Many of us talk about the things that are seemingly important to us, such as having good health, building financial security or spending more time with family and friends. This workshop will explore values and develop strategies to live our lives in a way that is personally fulfilling and healthy. Topics include health and nutrition, stretching your food dollar, food safety etc... we will have fun activities, and lots of good handouts with good information.

For more information or to schedule a Workshop call Joyce Tompkins (863)519-8677, Ext. 114.

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