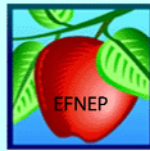


The Market Basket



Expanded Food and
Nutrition Education
Program



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Graduation Time and Mother's Day!



Stretching your Food Dollar Tips:

4. When buying meat, remember that a serving of cooked meat is about the size of a deck of cards. We need 2-3 servings of meat or alternatives each day. Meat alternatives such as kidney beans, chickpeas, and peanut butter are healthy and less expensive options compared to meat.

5. When buying foods in bulk, look at the "unit price." You will find this on most bulk foods, including meats, vegetables, fruits, and dried goods such as grains. The "unit price" is the price per unit of food – for example, \$ per kilogram, \$ per pound, or \$ per 100 grams.

6. Milk, eggs, and meat should be put in the fridge right away. Use fresh meat within a couple of days – if you want to use it later, put it in the freezer. Put bread in the fridge so it will keep longer. Wash vegetables and fruit right before using them – produce may spoil faster if it is washed before it is stored. Refrigerate apples in a perforated plastic bag – they get soft faster when kept at room temperature. Store potatoes and mushrooms in paper bags, not plastic. Make grocery shopping the last errand you do before heading home – that way fresh foods will not spoil.

Welcome!

Well it is that time of year that our Children look forward too. With that in mind in this issue, we are going to address The needs of Children with Healthy Summer Snack Ideas In addition, ways to get them involved in Physical Activity. We also are continuing our discussion on Tips for cutting your Food Bill, with the Gas situation everyone is looking for areas to cut back on, there are ways to do that with your Food Budget, and these tips will help. I also am adding some tips on things to do for your Mom for Mother's Day. Enjoy the start of your Summer Vacation!



Joyce Tompkins
Polk County Extension Service
EFNEP Program Assistant
J6256@ufl.edu



Ideas on things to do for Mom for Mother's Day:

Children's Artwork: Especially when children are young, this makes a great gift for Mother's Day, but even when our children are older, we still love having something designed personally by them! You could even have the artwork framed or purchase an inexpensive frame from a discount store and decorate it with dried flowers or other items from nature (as seashells if you live near the beach).

Photos: Family photos always make a great gift, but they do not have to be the expensive portraits made at a professional studio. Discount stores like Wall-mart and K-mart offer very inexpensive portrait packages just do not be lured into buying extra sheets or it could cost a small fortune. Consider taking some snapshots of the kids at home and simply tying a stack of them together with a pretty ribbon, or making a collage of photos from the year.

Free Car Wash: If it has been awhile since mom has had time to get her car washed and vacuumed out, what a lovely gift this would make! Add a little squirt of air freshener.



SNACKS FOR CHILDREN:

Snacking has a bad reputation in today's society. The importance of eating regular meals has been stressed so much that frequent snacking may be seen as a bad thing.

When children are active, they require more calories. If their activity level is moderate to high, they may need more calories than adults.

Because snacks can provide a substantial amount of a child's food intake, they should be nutritious.

Nutritious snacks will help children get all the vitamins and minerals they need each day. To make wise choices, use the My Pyramid when you are planning snacks and meals. This useful tool will help you provide the children with the correct number of servings from the dairy, fruit, vegetable, and grain groups.

Snack time is a good time to practice eating fat calories in moderation. Many of our common snack foods are high in fat, but alternatives are available.

Help the school-aged child to read labels and evaluate the nutrition of the snack they have chosen. Remember that children model their parents, teachers, and other older children and adults. If you choose healthy snacks for yourself, a child who is watching will learn about good eating habits.

What about children who skip meals and want only snacks? If the snacks are nutritious, you are helping make sure that nutritional needs are being met.

Children may have widely fluctuating food intakes. Do not force a child to eat. They need to learn to eat when their bodies tell them they are hungry. In addition, do not let children use food to manipulate you. Parents and teachers can provide food, but it is up to the child to eat it. This attitude provides a balance between the structure of mealtime and freedom of choice.

Although nutritious foods are best for a child's snacks and meals, do not eliminate certain other foods.

Denying a child birthday cake, Halloween candy, or holiday cookies may make the child want those foods more often. This is also true of foods like French fries, chips, or cookies. These foods do provide calories, which the child may need! As long as other nutrient requirements are met, extra calories usually will not hurt an active child. Including these foods occasionally may also teach the child about moderation, and that's something they'll need to learn for later life.

GRAHAM CRACKER FACE-UPS:

1 graham cracker
 1-tablespoon peanut butter
 Add-ons: 1/4 banana, sliced; 2 tablespoons applesauce, 2 tablespoons crushed pineapple
 Sprinkle-ons: 1 teaspoon each of raisins, sunflower seeds, crisp rice cereal, granola, coconut

Break each graham cracker into two squares. Using a table knife spread each square with peanut butter. Select one of the add-ons to spread on top of cracker. Sprinkle one or more of the sprinkle-ons on top.

BANANA ROLLS:

6 bananas
 1/2 cup peanut butter
 1/4 cup coconut
 1/4 cup rice cereal

Peel and cut bananas in quarters crosswise. Spread with peanut butter. Roll in coconut and rice cereal. Serve immediately or chill until served.

YOGURT PARFAITS:

16-oz. carton lemon or vanilla yogurt
 1/4 cup Grape Nuts
 1/4 cup fruit of your choice

Sprinkle Grape Nuts in the bottom of a dessert cup. Add a spoonful of yogurt. Add fruit and top with more yogurt. Sprinkle Grape Nuts on top.

CARROT RAISIN ROUNDS:

1 carrot, grated
 1/4 cup raisins
 1/4 cup walnuts
 2 tablespoons mayonnaise
 2 tablespoons plain yogurt
 1 teaspoon lemon juice
 4 slices raisin English muffins (could be toasted)

Clean carrot and shred into small pieces. Mix all ingredients except bread. Spread on English muffin halves. Serve.



Ten ways to get kids active:

Active kids are more likely to become active adults so teach them to enjoy it now!

Encourage kids to try a range of sports and activities to develop a range of skills, and find one or two they really like

Kids take their cues from parents – so make activity a regular part of your family routine.

That is you! Introduce kids to the way we all once got around – walking with them or riding bikes.

Parents who are 20 to 30 pounds overweight send mixed messages to their kids about the importance of fitness.

Clearly, TV is one of the major culprits. The number of hours kids spend watching TV is overwhelming. For many working families, it is difficult to find that balance.

Check out the activities at your local recreation centre, club or youth centre



Snack Kebobs. Cut raw vegetables or fruit into chunks. Skewer them onto thin pretzel sticks. (Note: To prevent discoloration, dip apples, bananas or pears in orange juice after they're cut.)

Veggies with Dip. Cut celery, zucchini, cucumbers or carrots into sticks or coins. Then dip them into prepared salsa or lowfat dip.

Fruit Shake-Ups. Put 1/2 cup lowfat fruit yogurt and 1/2 cup cold fruit juice in a non-breakable, covered container. Make sure the lid is tight. Then shake it up, and pour into a cup

Pudding Shakes. Use the same technique for making fruit shake-ups, but instead mix 1/2 cup cold milk with 3 tablespoons of instant pudding.

Sandwich Cut-Outs. Using cookie cutters with fun shapes, like dinosaurs, stars, and hearts, cut slices of cheese, meat, and whole-grain bread. Then put them together to make fun sandwiches. Eat the edges, too.

Peanut Butter Balls. Mix peanut butter and bran or corn flakes in a bowl. Shape them into balls with clean hands. Then roll them in crushed graham crackers.

Ice Cream-Wiches. Put a small scoop of frozen yogurt between two oatmeal cookies or frozen waffles. Make a batch of these sandwiches ahead, and freeze them.

Ants on a Log. Fill celery with peanut butter or cream cheese. Arrange raisins along the top.

PBJ Crackers. Spread peanut butter and any flavor of jelly on a reduced-salt cracker.

Fruit Juice Popcicles. Pour any kind of fruit juice into popcicle mold or ice-cube trays (with toothpicks for handles) and freeze.



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