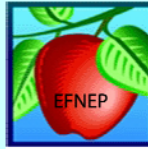


The Market Basket



Expanded Food and
Nutrition Education
Program



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Welcome! It's **back to school time**

Topics in this issue are:

Packing **school lunches** with pizzazz, food safety and nutrition

Stretching the Food Dollar Tips

The importance of Breakfast for Children

Lots of **Yummy recipes** and **healthy school snacks**

Stretching your Food Dollar Tips:

16. Companies spend a lot of money on advertising to get you to buy their brand but they aren't spending their money, they are spending your money. The store brand or generic brand almost always costs less, and usually tastes the same. In fact, they often use the very same ingredients. Try doing a "blind" taste-test with your kids: buy a generic and a name-brand box of the same cereal; pour two bowls, and don't tell them which one is generic - see if they can guess the difference!

17. Be flexible -- if you see an unadvertised special that is too good to pass up, changes your plan -- add that food to your list. Sometimes grocers need to make room in a hurry, and mark staple items down for quick sale. Other times, perishable foods like meat, milk, or produce are marked down for quick sale. Be sure to use these up quickly, and throw away anything that smells or tastes bad.

18. A great way to save money is to keep your perishable grocery items from spoiling! Breads can easily be stored in the refrigerator to extend freshness or in the freezer for longer storage periods. While a loaf of bread sitting on your counter can go bad in less than a week, several weeks.



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Did you know...

Pasta, oats and pulses (peas, beans and lentils) are good sources of 'slow-release' carbohydrates that help to keep your blood glucose (sugar) levels on an even keel.

Food eaten late at night is not more fattening. Studies have found that it's your total calorie intake over the day that counts.

Frozen vegetables can be at least as nutritious as fresh alternatives, especially if the fresh ones have been kept at room temperature for a few days or so.

A pound of body fat contains **3,500** calories. So to lose a pound in a week you need to eat **500** calories less each day ($7 \times 500 = 3,500$) and vice versa for weight gain.

Tomatoes are actually a type of berry and these once-exotic fruits were called 'love apples' in the 16th century.

Packing school lunches with pizzazz, food safety and nutrition



If you involve children in making some of the decisions and preparation the task is much easier.

Keep perishable foods cold, under 40° F, or hot, above, 140° F. Temperatures between 40° F and 140° F allow bacteria to grow rapidly, making perishable foods unsafe to eat. Insulated lunch boxes are the best way to keep foods cold until lunch. Pack perishable foods like meat, poultry, egg or dairy products next to a frozen gel pack, a frozen applesauce cup or a frozen juice box. Place perishable food between frozen items. Sandwiches can be frozen before placing in the insulated lunch box.

Choose a fresh apple over apple juice or apple pie. Choose a lean turkey sandwich over a high fat and high salt baloney sandwich. Choose baked corn chips over fried potato chips. Choose cookies and cup cakes that supply vitamins, minerals and fiber in addition to calories, for example oatmeal cookies, fig bars and pumpkin cupcakes.

Let your child help shop for the items that will go in her lunch. Teach her how to select a balanced lunch from food items you purchased or prepared together. Show her how to make her own sandwiches.

Some kids like variety and become easily bored with the same foods, so keep exploring different options in each food category. You can add interest and excitement to lunches by packing something **extra** a few times a week. For example add a snack size portion of a new food once a week. Non-food extras that add pizzazz could be a new colorful pencil, eraser, printed napkin or sticker. Consider adding a coupon for an extra hug, extra book before bed, etc....



Healthy School Snacks

Snacks play a major and growing role in children's diets

Most of the **snacks** served to children should be **fruits and vegetables**, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Serving fresh fruits and vegetables can seem challenging. However, **good planning** and the Growing number of shelf-stable fruits and vegetable products on the market make it easier.

Applesauce (Unsweetened), **Fruit Cups**, and **Canned Fruit** served with **Whole Grain Crackers**

Dried Fruit (Raisins, Pineapple, Apricots, etc.)

Frozen Fruit (Frozen Grapes, Peaches, Strawberries)

Fruit Salad (Mix up lots of color)

Smoothies (Blend fruit with juice, yogurt or milk, and ice)

Breakfast Cereal – Either dry or with low-fat milk, *whole* grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good **snacks**. Look for cereals with no more than 35% added sugars by weight.

Popcorn – Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, *e.g.*, by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

Low-Fat Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children's diets. Even with low-fat and reduced-fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. Choose reduced-fat cheeses like Trader Joe's Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light Cheese Heads; Kraft Twist-Ums; Polly-O Twisterellas; the Laughing Cow's Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar

The Importance Of Breakfast

Breakfast is the meal most directly connected to school achievement. Kids who skip breakfast have shorter attention spans, do poorly in tasks requiring concentration and even score lower on standard achievement tests. But knowing the importance of breakfast doesn't make it any easier to convince a child with a groggy tummy to eat. Some kids seem to have stomachs that wake up later than they do!

The first step parents can take is to **be a good example** and eat breakfast themselves. Kids usually follow the lead of parents. Living a busy lifestyles makes it easy for parents and kids to skip breakfast. You've got to **make the effort** each morning and start your day right by eating breakfast.

Second, don't feel you have to make elaborate breakfast food. **Stick to the basics** and serve simple foods that are nutritious and quick and easy to eat in the morning. You can make homemade pancakes with bacon and eggs on the weekends, but keep it simple during the week days. if you have a hard time getting your child to eat cereal, then get creative and **make eating breakfast fun**. stay away from sugary breakfast cereals and donuts in the morning

- * serve instant oatmeal on a cold morning
- * buy a variety of whole grain cereals that are low in sugar
- * sprinkle oat bran, wheat bran, psyllium husk, flax seed meal on cereal for extra fiber
- * make cheese sandwiches, scrambled egg burritos, avocado roll-ups and other finger foods that kids can eat quickly
- * cut up different fruits and serve fruit salad drizzled with yogurt
- * spread cream cheese on a bagel or peanut butter on toast
- * blend up a fruit and yogurt smoothie
- * give your child a bag of trail mix or granola to eat on the school bus
- *boil, scramble, fry, or poach eggs - they're packed with nutrition and one a day is perfectly healthy
- * encourage kids to drink a glass of milk if they don't eat cereal
- * offer your kids a bowl of baked beans or beans on toast - they're loaded with protein.

Trail Mix - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.

Fruit Juice - Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options

Healthy Snack Recipes

Cheese Tortillas

Spread half of a flour tortilla with refried beans, a slice of Cheddar, Monterey Jack, or mozzarella cheese and mild salsa. Fold the tortilla in half, place between two paper plates, and heat in a microwave until the cheese is melted (to heat in the oven, wrap in tinfoil). Cut into triangles or leave whole; wrap in foil. You can also layer one tortilla over another or roll a single tortilla, Mexican fashion.

You Can Be in My Club Sandwich

Crusts are cut off, it's layered, and umbrella toothpicks are mandatory. Divide two bread slices, crusts removed, into horizontal halves. Spread one slice with mustard, top with a slice of ham, and a slice of your child's favorite cheese.

Cover the second bread slice with chicken or turkey and mayonnaise. Cover the third slice with mayonnaise, tomato and cucumber slices. Stack the layers, top with the fourth bread slice, and cut in half. Insert a toothpick into each stack.

Frozen Apple Sauce and Fruit Cup

- 1 cup Chunky or Regular Apple Sauce
- 10 ounce package frozen strawberries, thawed
- 11 ounce can mandarin orange segments, drained
- 1 cup grapes, if desired
- In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving

Breakfast Recipes for Kids

Cheesy Pull Apart Biscuits

2 cans of can biscuits

handful of shredded cheddar

half cup melted butter

desired amount of garlic powder or garlic salt

Cut each biscuit into four pieces, in half and half again. Mix butter and garlic. Put quartered biscuits into baggie. Pour in garlic butter mixture. Shake well try to coat all. Pour half into loaf pan cover with cheese. pour in other half and add more Cheese. Bake at 350 till done in the middle. slice like homemade bread really tasty with spaghetti

Rice cakes:

2 c. cooked rice

1/2 c. minced onion

2 eggs

3 Tbs. flour

salt and pepper

mono-poly unsaturated oil/fat for frying

In large bowl, combine all ingredients and mix well. Drop by 1/4 cupfuls into hot oil in skillet. Fry on each side until brown and crispy. Sprinkle with paprika, if desired. Makes 8 cakes.

Fruity Breakfast Oatmeal

Quick Cooking Oatmeal

water

Preserves, jelly...any flavor!

First and most important step, to get it like the store bought instant oatmeal is to zip dry oatmeal in food processor until fine. Then cook as directed, add preserves (to taste). YUM!!

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Tangy Yogurt Vegetable Dip

2 1/2 cups Plain yogurt

1 Packet onion soup mix

1 tbsp Minced parsley

1/4 tsp garlic salt

1 tsp dill weed

Pinch black pepper

Vegetables of your choice-carrot sticks, celery sticks, green pepper rings, broccoli, zucchini sticks, radishes etc...

Mix ingredients and refrigerate a day ahead so flavors can mix together and then serve to children

Sunny Snack Bar

2 cups carrots finely shredded

1/4 cup dried chopped apricots

1/2 cup raisins

2 cups quick cooking oats

1/2 cup chopped walnuts

1 12 oz can of apple juice

Pinch of cinnamon

Heat oven to 350 degrees. Combine all dry ingredients and mix well. Add Juice concentrate and stir until moistened place

In a greased pan 9x11 pressing firmly into the pan and bake for 40 min. or until bars are brown. Cool before serving.

Strawberry Angels

1 angel **food** cake

6 large strawberries

1 carton whipped topping

First, cut the cake into serving-size pieces. Slice the strawberries and layer on top of the cake. Then spoon whipped topping on top of the strawberries. Serve and enjoy!

