



## Expanded Food and Nutrition Education Program

## The Market Basket



Sept/Oct 2009

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RECIPES

### Food Safety Quiz:

Which snack food is not safe to be carried to school and left in your child's book bag?

- a. raw apple
- b. unsealed low fat milk
- c. peanut butter + crackers
- d. sealed orange juice
- e. dried fruit and Nuts

answer: b

Dear Friends:

Hi there, I hope you all have a great summer. Sept 15th-Oct 15th is Latino Nutrition Month. I have a lot of Latino classes so I will be putting some Latino recipes in this issue. School has also resumed so I have an article on " Back to School Nutrition". Next Month we will have tips on Holiday Baking and Recipes galore. Enjoy your New School Year!

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Try to find all 19 words on this board.

APPETITE	R E G N U H J X H F T Y Q V D
CALORIE	T S V M U B E T C A L O R I E
CARBOHYDRATE	J O E B N A L A R E N I M T J
FAT	O D P T S C H F L K S A L A D
FISH	X I W Q A A N S S T R X V M J
FRUIT	A U D S T R T J I Y H J X I C
GRAIN	K M A T U J D U P F J Y J N E
HEALTHY	X B U N R L N Y R R W T F U J
HUNGER	N D P E A K M U H A O Y R H O
MINERAL	U G L I T F I U T O T T I U L
MYPYRAMID	H R S R E T B E K G B E E T H
NUTRIENTS	Y A N T D X R S W A W R D I V
NUTRITION	P I F U Q E T I T E P P A I N
PROTEIN	L N R N O I T I R T U N M C C
SATURATED	L A S V K E Z D M I X K L F V
SODIUM	
UNSATURATED	
VITAMIN	
WATER	

**Enjoy!**

## **Back to School Nutrition :**

Nutrition plays a big part in assuring kids a successful school year. The following tips are suggested by the American Dietetic Association on practical easy ways to help ensure both proper nutrition and a successful school year.

Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Running out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and (hopefully!) getting good grades, kids will not be paying much attention to the proper nutrition needed to accomplish all of this.

We have often heard it said that breakfast is the most important meal of the day, yet 35-40 percent of all Americans skip breakfast. The statistics for children are just as alarming, as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Additionally for many other children, breakfast is a trip to a convenience store or a vending machine for a soda and a high-fat, high-sugar pastry.

Definitely, not the best choice for the nutrients they need nor is it cheap. Parents can help ensure that their child is well-nourished and ready-to-learn by considering the following tips.

Start with a healthy breakfast. For children and teens a morning meal is especially important to prepare them to meet the challenges of learning. Many studies have shown that those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance, less tardiness, better concentration and muscle coordination...and kids who eat breakfast have fewer hunger induced stomachaches and are less likely to be overweight.

Having said all that, are you wondering how to get a child to eat breakfast and where the extra time needed for a morning meal will come from? You can make breakfast fun by planning it with your child. Decide who prepares what and work together to get it done. If your child doesn't like traditional breakfast foods, don't worry - breakfast foods can be any food they like, even a slice of pizza. Keep quick-to-fix foods on hand or get breakfast foods ready the night before, such as mixing a pitcher of juice. If kids say they are not hungry, start them out with something light like juice or toast and send them off with a nutritious mid-morning snack such as yogurt, cheese or a bagel.

Some children believe skipping breakfast may help them lose weight. Just the opposite is true. Skipping meals often leads to overeating later in the day. If you get too hungry it can lead to a lack of control and the inability to determine when you are full. This can result in consuming more calories than if you had eaten an appropriate breakfast.

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Parents can play a role in helping a child choose healthful meals in several ways. Keep the school lunch menu in your kitchen, go over it with your child, and talk with your child about making choices in the cafeteria line. Get involved and work with school staff to form a parent advisory committee for the school food service program. Support the nutrition education efforts at your school.

If your child prefers to brown bag it to school, here are some tips:

- ◇ Your child can help you buy the food and prepare his/her lunch.
- ◇ Keep sandwiches simple— sliced turkey rather than turkey salad—if Your child doesn't like mixtures.
- ◇ Select and prepare foods that are appropriate for your child's age (slices of fresh fruits for younger children, whole fruits for older children).
- ◇ To add variety, offer foods in different shapes and textures of food.
- ◇ It will not hurt to include **one** of your child's favorite foods even if it has more sugars, salt or fat
- ◇ Use an insulated lunch box or bag to keep chilled foods cold.
- ◇ Use chilled ingredients for making sandwiches. Put your sandwich in the refrigerator



Finally, for after-school snacks choose foods that supply needed nutrients that can be missed in meal choices. Stock up with ready-to-eat fruits and vegetables, animal crackers, popcorn and cereal. Your child will appreciate the availability of quick healthy snacks.

#### Quick & Healthy After-School Snacks:

1. Whole, raw fruit such as apples, bananas, grapes
2. Pre-cut raw vegetables + low-calorie salad dressing or dip
3. Dried fruit + nuts, such as raisins, dried apricots, peanuts, and sunflower seeds
4. String cheese
5. Cheese slices + crackers
6. Tortilla chips + bean dip (heat canned refried beans + cheese in microwave)
7. Microwave popcorn
8. Peanut butter + crackers, or peanut butter + pretzels
9. Cereal and low fat milk
10. Low fat milk or juice to drink

**Bring it Along:** Reduce the temptation of fatty sugary snacks provided in vending machines by putting a healthy snack in your child's book bag before they leave for school in the morning. These will be less expensive too

#### Focus on Fresh:

Avoid the common misconception of thinking of snacks as pre-packaged Convenience foods and instead, try to think of them as mini-meals that You don't have to cook

## Latino Recipes:

. Basic Meat Mix  
(precooked meat)

Serving: 2 cups in each package

5 lb. lean ground meat

2 medium onions, chopped

1 c. chopped celery

2 cloves garlic, minced, or 1 tsp. garlic powder

$\frac{3}{4}$  tsp. pepper

Per 4-ounce serving: 117 calories, 1.3g carbohydrate,

3.9g fat, 0.3g fiber and 60mg sodium

Stovetop

1. Brown ground meat and onions in a large skillet or pot.

Drain fat, 2. Stir in remaining ingredients. Cook over medium heat for 15 minutes.

Microwave

1. Combine onions and crumbled ground meat in a microwave-safe 5-quart casserole dish. Cover.

2. Microwave on HIGH 14 to 16 minutes, stirring two or three times.

3. Drain fat. Stir in remaining ingredients. Cover.

4. Microwave on HIGH five to eight minutes.

Tacos

1 pkg. Basic Meat Mix

1 tsp. chili powder

$\frac{1}{4}$  tsp. cumin

8 (5-inch) hard taco shells

Mix all ingredients. Heat thoroughly. Spread into a taco shell. Top with lettuce, tomatoes, olives, shredded cheese or other toppings.

Makes four servings.

Per serving: 205 calories, 11g carbohydrate, 8g fat, 1.5g fiber and 173mg sodium

Enchilada Casserole

1 pkg. Basic Meat Mix

$\frac{1}{4}$  c. water

$1\frac{1}{2}$  tsp. chili powder

1 (8-oz.) can tomato sauce or

(15-oz.) can chopped tomatoes

1 (15-oz.) can drained and rinsed pinto or black beans (optional)

$1\frac{1}{2}$  c. shredded cheese

8 (6-inch) corn tortillas

Mix Basic Meat Mix, water, chili powder, tomatoes and beans

(if using) in medium pot. Heat to

165 F. Put four corn tortillas into

8-by-8-inch baking pan. Pour

half of meat mixture and half of

cheese on top of tortillas. Top

with four more tortillas, remaining

meat mixture and remaining

cheese. Bake at 350 F for 30 to

40 minutes

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