



THE MARKET BASKET

July/August 2010



Expanded Food and
Nutrition Education
Program



Hi Friends:

How is your Summer going thus far? It was very good to see some of you @ the Hurricane Expo last month in Winter Haven. This issue has some of the information we shared at that event on Healthy hurricane foods to have on hand plus other summer articles & recipes. Til' next issue...

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INSIDE THIS ISSUE:

SUMMER HEALTHY SNACK FOR
KIDS

NUTRITION ON VACATION

RE-THINK YOUR DRINK

RECIPES

Summer Healthy Snack Suggestions for Kids

Snacks are important part of a growing child's diet. Healthy snacks give children extra calorie and nutrients between meals. Skip a pre-packaged snack food and have some fun! with your child. Here are a list of healthy snack ideas that are easy to make and kids can help with!

Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze or spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins, stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices, add a dash of cinnamon or Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.

Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich or Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa or Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.

Toast a whole grain waffle and top with low-fat yogurt and sliced peaches or Spread peanut butter on apple slices. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa. Toss dried cranberries and chopped walnuts in instant oatmeal. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers or Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt or Sprinkle with your favorite whole-grain cereal. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

Rocky Road: Break a graham cracker into bite-size pieces.

Add to low-fat chocolate pudding along with a few miniature marshmallows or Inside-Out Sandwich:

Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick or Parfait: Layer vanilla yogurt and mandarin oranges or blueberries.

Nutrition on Vacation

With summer here & the kids out of school, a lot of families are on vacation; How do you still eat healthy with the challenge of being away from home? If you're staying with family or friends and don't want to be rude or hurt their feelings by not eating the food they prepare. Ask for double helpings of any salad or veggies that may be served and eat a smaller amount of the entree. Or, if you can, dish out a small portion for yourself. If possible, as a thank-you, offer to cook a meal or two during your visit and make those more healthful dishes you would likely eat at home.



If you're not following your usual routine and it's causing you to miss meals and eat at unusual times. Pack some portable snacks and set your alarm for every three hours—your watch, phone, BlackBerry, whatever you've got. This reminder to have a little nibble will help you eat more regularly and prevent you from being so hungry when you do get to a meal that you gorge yourself. If you're staying in a hotel with no access to a kitchen. Take advantage of the mini fridge. Use it to stash yogurts, fresh fruits, and veggies. This will let you start your day with a nutritious breakfast and/or have some healthy snacks throughout the day.

If you may wind up relying on restaurants for all your meals. Depending on the length of your trip, allow yourself one or two splurges. Otherwise, be sure to order a simple garden salad with a vinaigrette before your meal to help fill you up, substitute vegetables for French fries, and consider sharing an entree with a companion or find out if the restaurant offers half portions. (The half portions are more common at lunch.)

In order to get your daily exercise, plan one or more vacation activities that require you to move—a walk or hike through a local park, walking tours, or a big museum where you can spend a lot of time walking. Instead of sleeping in an hour or more past your usual morning alarm, give yourself an extra 30 minutes of sleep and use the other 30 minutes to take a brisk walk.



Re-Think What You Drink

110 calories Orange Juice 8 oz.	400 Calories Mocha Medium	280 Regular Soda 20 oz.	Fruit drink 16 oz. 230 calories	Sweet Iced Tea 16 oz. 200 calories	Beer 12 oz. 150 calories
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Drinking non-diet soft drinks is clearly associated with increased body weight

*Try these simple tips
to re-think your drink:*

- *Carry a water bottle with you throughout the day.*
- *Stock your refrigerator with a jug or bottles of water.*
- *Drink carbonated water.*
- *Add slices of lemon, lime, cucumber or watermelon to water.*
- *Choose calorie-free diet drinks.*
- *Add a splash of 100% fruit juice to plain sparkling water to make a low calorie drink.*
- *Try hot or cold tea or herb tea (without added sugar or sweetened with calorie free sweeteners).*
- *Make your coffee with calorie-free sweetener and low-fat milk, or have black coffee.*

Recipes:

SUMMER BARBECUE PULLED CHICKEN IN CROCK-POT



Ingredients

- 1 8-ounce can reduced-sodium tomato sauce
 - 1 4-ounce can chopped green chiles, drained (optional)
 - 3 tablespoons cider vinegar
 - 2 tablespoons honey
 - 1 tablespoon sweet or smoked paprika
 - 1 tablespoon tomato paste
 - 1 tablespoon Worcestershire sauce
 - 2 teaspoons dry mustard
 - 1 teaspoon ground chili powder
 - 1/2 teaspoon salt or sea salt
1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken,



Chocolate & Banana

- 1 tablespoon semisweet chocolate chips
 - 1/2 banana, thinly sliced
1. Melt chocolate chips in a small bowl in the microwave. Top banana slices with the chocolate and yogurt.



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