



# THE MARKET BASKET

November/December 2011



Expanded Food and Nutrition Education Program



**Hi Friends:**

*Does your child like Vegetables, if yours don't there are some ideas for you in this issue. The Holidays are just around the Corner so there are some tips on Food Safety during the Holidays & Tips on getting more exercise everyday. I hope you have a wonderful holiday season!*

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## HELPING KIDS TO LIKE VEGETABLES

- ◆ Let your child help choose and prepare vegetables.
- ◆ Serve vegetables often. Try various ways to prepare them.
- ◆ Pay attention to the texture and color of cooked vegetables. Many children like them cooked crisp tender, not mushy. & Overcooked vegetables lose their bright attractive colors
- ◆ Serve vegetables, whenever possible, as “finger foods” – small pieces a child can handle.
- ◆ Serve salad ingredients as a vegetable tray. Try a different low fat and flavorful dips.
- ◆ Serve vegetables as snacks
- ◆ Find out what your child eats at childcare, a neighbor’s or Grandma’s house. A vegetable you never consider serving might be one of your child’s favorites.
- ◆ Respect your child’s tastes. Some children are more cautious about trying new foods. Everyone has their own likes and dislikes.
- ◆ Make it easy to snack on vegetables. Have them ready to eat in easy-to-get to containers in the refrigerator.
- ◆ At the grocery store, ask your child:  
Which broccoli is greenest? Let’s buy that one! Help me count out four potatoes. Do you see something that looks juicy (or crunchy, or shiny)?
- ◆ At home in the kitchen: Your toddler can:  
Tear lettuce leaves. Help rinse vegetables. Put prepared ingredients into a salad bowl.
- ◆ Your preschooler can:  
Stuff celery. Mix and stir. Snap green beans. Break off florets of cauliflower.
- ◆ Make mealtime family time:





## Bacteria...The Unwanted Holiday Guest

Ever have a stomach ache after eating a hefty holiday feast? You may think that you just ate too much, but it could be a case of food-borne illness. Here are ways to handle food safely and enjoy a healthy holiday!

### Serving Strategies:

Cold foods should remain at 40 degrees F. or lower. Hot foods should have an internal temperature of 140 degrees F. or higher. Do not leave perishable foods at room temperature for longer than two hours, including preparation, serving and travel time. Check foods with a clean food thermometer to assure foods are being held at a safe temperature. Wash the thermometer with hot, soapy water. Keep hot foods hot by using slow cookers and warming trays. Keep cold foods cold by nesting dishes in bowls of ice. Serve small bowls or trays of food with about the number of servings that will be eaten in 30 minutes or less. Avoid adding fresh servings to perishable foods that have been sitting out.

### Planning Ahead for Safety:

As a general rule, purchase fresh meat products no more than one or two days before the holiday meal. For longer storage, freeze it. Thaw frozen meat products in the refrigerator, not on a counter. Allow 24 hours thawing time for each five pounds of weight. Prepare perishable foods no more than one day before a meal, unless the food will be frozen. For example, assemble a casserole one day in advance. Refrigerate and then bake the day of your dinner. Allow an extra 15 to 20 minutes cooking time for the refrigerated casserole. Similarly, you could cut up fruits and vegetables for salads and relish trays one day before your meal. Place them in covered storage containers or plastic bags on shelves above, not below, raw meat.

### Keeping Leftovers Safe:

Refrigerate leftovers promptly. Cool hot foods in shallow containers at a depth of two inches or less. Cover loosely for faster cooling. Cover tightly after foods are cool. Eat leftovers within 2 days. Reheat hot foods to 165 degrees F. or higher. For longer storage, freeze leftovers. Thaw frozen foods in the refrigerator or heat in a microwave oven. Do not thaw foods on a counter. If food is thawed in a microwave oven, continue to heat it until it is fully cooked.



# Let's MOVE.....



Engaging in physical activity as a family can be a fun way to get everyone moving. Studies show that kids who believe they are competent and have the skills to be physically active are more likely to be active. And those who feel supported by friends and families to become active, or surrounded by others interested in physical activity, are more likely to participate.

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by nine Percent

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Facilitate a safe walk to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Find time to spend together doing a fun activity: family park day, swim day or bike day.
- ♦ Issue a family challenge to see who can be the first to achieve a [Presidential Active Lifestyle Award](#) by committing to physical activity five days a week, for six weeks. Adults and children can both receive the award!
- Talk to your children's principal or write a letter to your district superintendent to incorporate more physical education in schools.
  
- Encourage schools to hold recess prior to lunch to increase physical activity before mealtime.
  
- Volunteer to help with afterschool physical activity programs or sports teams.
  
- Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.

Learn how engaging in outside activities can be fun and affordable for families





## **Applesauce Brownies:**

- 1 ½ c. sugar • 2 c. applesauce
- ½ c. shortening, • 2 c. flour
- margarine or butter • 1½ tsp. soda
- ½ tsp. cinnamon • ½ tsp. salt
- 2 Tbsp. cocoa • ½ c. nuts, chopped (optional)
- 2 eggs • ½ c. chocolate chips

Preheat oven to 350 F. Beat the sugar and fat together. Add the eggs and then applesauce. Add the dry ingredients and beat. Grease or coat a 10-by-16 jelly roll pan with nonstick cooking spray. Pour batter into pan. Sprinkle over the top: 1 tablespoon sugar, ½ cup nuts and chocolate chips. Bake 25 to 30 minutes.

*Makes 24 servings. Each serving has 124 calories, 21 grams carbohydrate and 4 grams fat.*



## **Cranberry Pumpkin Muffins**

- 2 cups flour
- ¾ cup sugar
- 3 teaspoons baking powder
- ½ teaspoon salt, ½ teaspoon cinnamon
- ¾ teaspoon allspice
- ⅓ cup vegetable oil
- 2 large egg, large & ¾ cup canned pumpkin
- 2 cups fresh or frozen chopped cranberries

Preheat oven to 400 degrees.

Sift together dry ingredients (flour through allspice) and set aside.

Beat oil, eggs, and pumpkin together until well blended.

Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. & fold in chopped cranberries. Spoon into paper lined muffin cups.

7. Bake at 400 degrees for 15 to 30 minutes.

Note: Serve with a glass of low-fat milk for a healthy snack.

